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Issue 11



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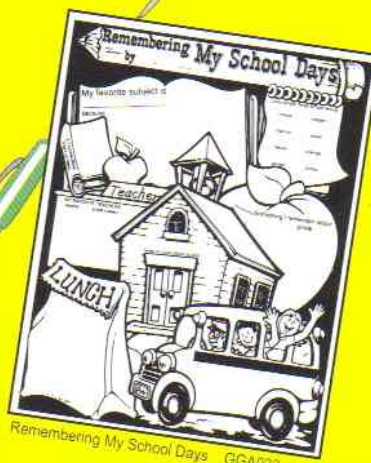
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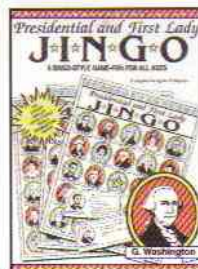
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TABLE OF CONTENTS

From the Editor's Desk:

| | |
|--|----|
| Sentimental School Days | 2 |
| Calendar: Sentimental September | 3 |
| Let's Remember: Walt Disney | 7 |
| Imagination Vacation: High Point School | 9 |
| Bulletin Board: Tea for Two | 12 |
| September Clip Art | 13 |
| September Crafts: Personal Time Lines | 15 |
| Reminisce: The Roaring Twenties | 17 |
| September Sunday Socials: | |

| | |
|---|----|
| Three Rs Social | 19 |
| Roaring Twenties Party | 20 |
| Our Gang 1930s Party | 22 |
| Stage Door Canteen | 23 |
| Fifties Fads and Fancies | 24 |
| Imagination Vacation: Pacific Sunset | 25 |

Movin' and Groovin':

| | |
|-------------------------------------|----|
| Golden Oldies for Crooning | 27 |
| Reminisce: Vegetable Gardens | 29 |

Get-Togethers:

| | |
|-------------------------------|----|
| Appreciate and Applaud Apples | 31 |
|-------------------------------|----|

Poster/Calendars

| | |
|-------------------------------------|----|
| Celebrate-a-Century Time Line | |
| Calendars for September and October | |
| Calendar: Audacious October | 33 |
| Article: Senior Power! | 37 |
| Article: A Week of Extras | 39 |

May I Have a Word with You?

| | |
|---|----|
| Foods Named for Famous Chefs and Hotels | 41 |
| Poetry Contest: Porches | 43 |
| October Sunday Socials: | |

| | |
|---|----|
| Puerto Rican Fiesta | 45 |
| Groovin' with the Seventies | 46 |
| Think Green! Workshops | 47 |
| An Arabian Night | 48 |
| Crafts: Crazy Costumes and Ghoulish Garb | 49 |
| Bulletin Board: Have a "D"lightful Day | 51 |
| Letter Unit: | |

| | |
|---|----|
| "D" Days are Dillies | 52 |
| Delicious or Not? | 54 |
| Distinguished "D" People | 55 |
| Do You Know Your Dogs? | 57 |
| Dynamic Delaware | 58 |
| Questions of the Day: Name That Decade | 59 |
| October Clip Art | 60 |
| Autumn Note Cards Clip Art | 61 |
| Answer Key | 62 |

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Becky Daniel

September—the first day of school—that means different things to each of us. But one thing we all share is strong memories of school and classrooms where we spent most of our youth. I can only vaguely recall the first day of kindergarten. That year, school began on my fifth birthday. Because I went to college right after high school and then started teaching, the first day of kindergarten was the beginning of twenty-five years of back-to-school memories. The long parade of teachers is but a blur, with the exception of a few favorites, whose faces are etched in my mind's eye forever. Today, as a mother of three teenagers, September still means back-to-school.

I have an overflowing treasure chest of school memories. My most fond recollections are twenty years old. In the mid-seventies, I taught at a two-room schoolhouse in a small ranching community in central California called Carrisa Plains. My class was kindergarten through the third grade—twelve children in all. About a dozen other students made up the class of fourth through eighth grades. In this particular community, school was the center of many activities. Halloween night everyone

assembled in the gym, in costumes, of course. Afterward we played bingo for loaves of warm zucchini bread, jars of homemade pickles, and baskets of unshelled nuts gathered from backyard orchards. The yearly Christmas play was followed by Christmas cookies and homemade ice cream. There were back-to-school barbecues, end-of-the-year picnics, and Valentine's Day luncheons.

The biggest celebration of all was the eighth-grade graduation. The gym was always full of friends and well-wishers of the two or three teens who were gathered together to celebrate the passage from girlhood to young womanhood and boyhood to young manhood. The community knew the positive value of rituals. They were a

From the Editor's Desk Sentimental School Days

by Becky Daniel, Orcutt, CA

tight-knit group with strong family values and kind, loving hands that pitched in to make all things possible for their children. Although every school function was different, at each gathering you could count on certain things being the same, like homemade ice cream—always the rich flavor of creamy, vanilla ice cream. Over the years, eating ice cream has always reminded me of the days I spent teaching on the plains.

Last June, I had the opportunity to take a very sentimental journey. I was invited to the eighth-grade graduation at the same school where I taught twenty years ago. My daughter, Sarah, and I traveled the 90 miles and found the gym full of people. The parents of my students were now the

grandparents of the students. One woman who had graduated from the eighth grade when I was the teacher, introduced me to her three little girls. She was there to honor a niece and two second cousins who were graduating. How remarkable to see all of the grown-up faces of the children I once taught. Folks from miles around were gathered together to remind the young people, their families, and their community of the significance of the transition from grade school to high school. I looked around the room; after twenty years everything was different—yet everything was the same. After the speeches were given and diplomas passed out, friends of the graduates served cake and homemade vanilla ice cream. The ice cream was as good as I had remembered—maybe even better!

What sights, sounds, aromas, flavors, and objects send you back in time to remembered places? What school day memories do you hold dear? What memories of being students do your seniors have to share? This fall, open each senior's treasure chest of school day memories and reminisce about Septembers past.

In this issue you will find a Three Rs Social, a Relaxation Vacation to a country school, directions for creating personal time lines, and dozens of other ways to celebrate a century! Help your seniors recapture the zeal of decades past by reminiscing about those special moments when bodies were young and strong—when alert minds were eager to learn.

Do yourself a favor too. Look back on your personal history and become energized by recollections of pleasant school days and the traditions and rituals that have made you the loving caregiver you are today.

- *Board and Care Recognition Month*
- *Labor Day*
- *Rosh Hashanah (Jewish New Year)*
- *Yom Kippur*
- *National Adult Day Care Center Week*
- *Constitution Week*
- *National Food Service Employees Week*



1 The theme of this issue of *A New Day* is "Celebrate a Century." Herein you will find activities, crafts, games, puzzles, and parties to make reminiscing about each decade of this century fun and exciting. Begin the celebration today with the first of nine decade parties—a 1900s Three Rs Social. Party games and picnic ideas are on page 19.

2 Today is Labor Day. Honor your retired workers, and don't leave out the important contributions made by the homemakers. Hold a group discussion. In

what year did you begin your first occupation? How many years did you work at that profession? How many different occupations did you have during your working career? How much did the average worker doing your job make in 1920? 1940? 1960? 1980? Today? Over the decades, how has your particular occupation(s) changed? To find out how three men began a business in the first years of the Great Depression and turned it into a multi-billion dollar industry, share the article, "Let's Remember Walt Disney" on pages 7 and 8.

3 Today is the anniversary of the first Penny Press, the *New York Sun*. It was launched on this day in 1833. Sold on sidewalks by newspaper boys, it cost only a penny. Reminisce about newspapers today with a discussion. Did any of your group ever sell or buy newspapers on the streets? Were any of your seniors newspaper boys or girls? Who had newspapers delivered to their homes? Who bought newspapers at stands? Vote on the most interesting section of a newspaper. Who reads the comics? Who reads the sports pages? What is the first section each person turns to when he/she reads a newspaper? Are modern newspapers better than or inferior to newspapers of yesteryear?

4 How old is the city of Los Angeles, California? 50 years? 100 years? 150 years? Surprise! Today is Los Angeles' 215th birthday. It was founded by decree on September 4, 1781. It was called "El Pueblo de Nuestra Senora La Reina de Los Angeles de

Porciuncula." Wear a badge challenging seniors to guess how old Los Angeles is today. List names and guesses. At dinner tonight, announce the name of the person who guessed nearest to the correct answer.

5 Today is the anniversary of Babe Ruth's First Professional Homer. On September 5, 1914, Babe Ruth hit his first home run as a professional while playing for a minor league affiliate of the Boston Red Sox. He pitched a one-hit shutout against Toronto. How many of your seniors are baseball fans? For a historical view of the game, show the video "A League of Their Own" starring Tom Hanks and Daryl Hannah. It is about a professional women's baseball team that played during World War II.

6 Happy Birthday to Billy Rose, American theatrical producer, author, and songwriter. Billy Rose created hundreds of songs including "Me and My Shadow" and "It's Only a Paper Moon." Use some Billy Rose

tunes to move and groove. See suggestions for this activity on page 27.

7 In preparation for tomorrow's Twenties Party, share the Reminisce article "The Roaring Twenties" on pages 17 and 18 with your group.

8 Hooray! Today is National Grandparents' Day. Treat your grandparents and all to a Roaring Twenties Party. The ideas for creating your own speakeasy on pages 20 and 21 will make revisiting the 1920s a roaring success.

9 Start the week off right by putting up a giant butcher paper time line on a hall wall or a wall in a large room such as a cafeteria. Detailed instructions are on page 16 and patterns are on the poster in the center of the magazine. This century-long time line can be an ongoing project for your whole facility. It will be fun for all to chronologically highlight events of the past century.

10 Annually, the second week of September is Fall Hat

Week. It is a time to put away summer bonnets and bring out the felt hats and stocking caps. Plan some hat-related activities. Set up a haberdashery in your facility. Goodwill stores are great places to buy inexpensive hats. Wash an assortment of colors, shapes, and sizes of hats. Place them on a table with several hand mirrors. Invite seniors to try on the hats and check one out to wear for the day. Encourage your staff to wear silly hats. Parade some of your brave seniors through the facility so everyone can admire the hats. Other costuming tips are found on pages 49 and 50.

11 In New Jersey, September is Board and Care Recognition Month. It's a time set aside to recognize owners and operators of board and care facilities around the state. Make September Board and Care Recognition Month in all fifty states. Put up the bulletin board "Tea for Two" on page 12. Your staff members and seniors will enjoy getting to know one another

better with this project.

12 All over the country kids are returning to school. What was school like for your seniors? Open a school days discussion by taking everyone on an Imagination Vacation to High Point School. (See page 9.) The activities and discussion questions on pages 10 and 11 will give you an armload of ideas for tasting, smelling, touching, and hearing a pleasant past experience.

13 Today at sundown begins Rosh Hashanah (Jewish New Year). These Jewish holy days are ten days of repentance and spiritual renewal. Group those who want to celebrate Rosh Hashanah at sundown for a discussion of how they have celebrated this holiday in the past. Today is also Friday the 13th! Is that a lucky or unlucky day for your seniors? Hold a group discussion about *luck*. Make a list of people who your seniors consider lucky and unlucky. Ask seniors: Are you lucky? Unlucky? Who are

you? What has your life been like? Help everyone begin creating his/her own personal time line. Tips and step-by-step directions are on page 15.

14 Tomorrow begins National Adult Day Care Center Week. Hats off to all of you who care for adults. On some days does your job seem overwhelming? You have a very stressful occupation. We acknowledge and honor all that you do for your precious seniors. Do you honor yourself? Do you take time to care for and bring pleasure to yourself? Have lunch with a good friend or plan a shopping trip. Love yourself, so you will have the strength and energy to love others.

15 Happy Birthday to Jackie Cooper! Do you remember *Our Gang* shorts first made in the 1930s? What character did Jackie Cooper play? Celebrate with an *Our Gang* 1930s Party. Ideas for a nickname mixer, singing contest, and snacks are on page 22. Tonight, show a video of *The Little Rascals* shorts.

16 The middle of September is an excellent time to celebrate America's bounty. Everywhere in our country, farmers and ranchers are harvesting crops. Backyard gardeners are canning and freezing and making jams and jellies with the fruits and vegetables they have grown. For many of your seniors, September might bring bittersweet memories of fall harvesting. You can help fill the gap left by not having their own gardens and kitchens for canning by reminiscing with the article "Vegetable Gardens" on pages 29 and 30. If at all possible, take interested seniors to visit a vegetable garden.

17 Happy Birthday to the Constitution of the United States. On this day in 1787, delegations from twelve states at the Constitutional Convention in Philadelphia, Pennsylvania, voted unanimously to approve the proposed document. According to a Presidential Proclamation, September 17-23 is Constitution Week. Another Presidential Proclamation makes

today Citizenship Day. Heighten everyone's pride in our country by visiting a historical site or residence.

18 On September 18, 1789, Alexander Hamilton began negotiations with the Bank of New York and the Bank of North America to obtain the first United States government loan. It was for less than \$200,000 dollars. What do your seniors feel about balancing the nation's budget? What should be cut? What should be increased? Do they think it is possible to balance the nation's budget?

19 Each September, baskets of apples are harvested across the country. Why not enjoy the crisp crunch of a fresh apple, the delicious spicy flavor of apple butter, or a tall cool glass of tart cider? Then share the bushels of apple ideas on pages 31 and 32.

20 When was the first woman nominated in convention for President of the United States? Ten years ago? Fifty?

Actually it was more than one hundred years ago. On September 20, 1884, the Equal Rights Party was formed. Their candidate for President was Mrs. Belva Lockwood. Canvass your group today about their views on women running for President. Would women make good leaders for our nation? Would you vote for a woman President? In what year do you predict the United States will elect the first woman President?

21 On the third Saturday in September, in New Harmony, Indiana, the Big Whopper Liar's Contest takes place. "Storytellers" compete to see who can invent the biggest lie. Why not hold your own whopping liar's contest? Announce the contest at breakfast and give your seniors a few hours to jot down tall tales. At lunch or dinner, have seniors or staff members read the stories aloud. Vote on the one that everyone thinks is the most outrageous!

22-28 This is National Food Ser-

vice Employees Week. Don't underestimate the great satisfaction your seniors get from mealtimes. For many folks, flavors and aromas are the highlights of each day. Besides tasting and smelling food, today your seniors can enjoy learning about the origins of some food words. Share the article "May I Have a Word with You?" on pages 41 and 42.

22 Today is National Centenarians Day. Each year, September 22 is set aside to recognize and honor those who have lived a century or longer. Do you have a centenarian in your facility? At today's "Stage Door Canteen," honor the oldest members of your group. Serve canteen and soda fountain drinks. Decorate with red, white, and blue balloons and American flags. See ideas on page 23. **Note:** Yom Kippur, the Jewish Day of Atonement, begins at sundown.

23 This is the anniversary of the "Checkers Speech" made by then vice-presidential candi-

date, Richard Nixon, in 1952. Nixon was found innocent of using private funds for political expenses and declared that he wouldn't return the cocker spaniel dog, Checkers, which had been given to his daughters. How familiar are your seniors with different breeds of dogs? Play the "Do You Know Your Dogs?" game on page 57.

24 Are your seniors enjoying the Celebrate-a-Century Mural? Have they added the names of Presidents and Vice Presidents elected during this century? How about the names of Oscar-winning films and Grammy-winning tunes? See the tips for adding to the mural on page 16.

25 The Pacific Ocean was first viewed by a European explorer on this day in 1513. Vasco Nuñez de Balboa, a Spanish conquistador, stood on a peak in Darien and became the first European to look upon the Pacific Ocean. How many of your seniors have seen the Pacific Ocean? Atlantic Ocean? Take every-

one on an Imagination Vacation to the beach with the article on pages 25 and 26.

26 It is believed that today is the birth anniversary of John Chapman, better known as Johnny Appleseed. The United States frontier hero was born on this day in 1774. Regarded as a great medicine man by the Indians, Johnny Appleseed planted and tended orchards from western Pennsylvania to Illinois. He began his mission around 1800, planting seeds from Pennsylvania throughout the Ohio Valley. He traveled barefoot wearing a tin pan for a hat. He read the Bible to the settlers who took him in. His peaceful, courageous, and kindly ways made him a legendary hero even before he died in 1847. Use some of the apple ideas on pages 31 and 32 to once again appreciate and applaud Johnny Appleseed's famous fruit. Tonight is a full moon! Why not have a full moon sing-along? See the idea "Full Moon Sing-along" on page 27.

27 Arthur Heller Penn, the filmmaker, is 74 today. Remem-

ber his 1960s movie hits, *The Miracle Worker* (1962) and *Bonnie and Clyde* (1967)? To get into the swing of the 1960s, show one of Penn's movies tonight. Mark these movie hits on the time line mural. See what other memorable movies the seniors want to add to the mural.

Almanacs contain a list of the Oscar-winning movies. If it is warm tonight, enjoy the nearly full moon with another out-of-doors sing-along.

28 Today is the first day of The Mountain State Forest Festival in Elkins, West Virginia. This nine-day festival promotes the natural resources of the area. Do your part to get everyone "back to nature" by organizing a short autumn stroll. Go outside and look for signs of insects. Collect colorful autumn leaves. Enjoy the changing seasons.

29 In 1953 the movie *From Here to Eternity* won Oscars for Best Picture, Best Supporting Actress, Best Supporting Actor, and Best Director. Who were the supporting

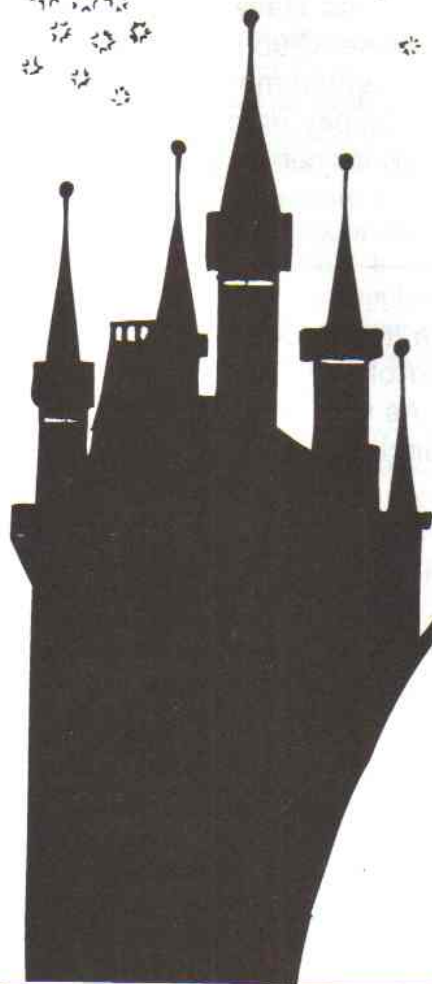
actress and actor? Challenge your seniors with this bit of fifties trivia. (Donna Reed, Frank Sinatra) Then stroll down Memory Lane with a "Fifties Fads and Fancies" party. Additional tips for a fifties fling are on page 24. Be sure to show the film *From Here to Eternity* this week.

30 "Chances Are" you don't know whose birthday anniversary this is. "It's Not for Me to Say," but he is 61 today. Don't try to guess. You probably couldn't figure it out if you tried until "The Twelfth of Never." Do you know who the birthday celebrity is? Use some of Johnny Mathis' loved-by-many tunes to move and groove. See page 27.



Review all videos for appropriateness before presenting to your group.

Let's Remember Walt Disney



*Walter Elias
Disney
Born 1901*



Walt Disney

The First Mouseketeer

by Cindy Iutzi



Walt Disney was born in Chicago, Illinois, in 1901. He grew up on a Missouri farm and from there went to war. After World War I, in which he served in France as a Red Cross ambulance driver, Disney returned to Missouri. He began producing advertising films in Kansas City in 1916 and started his work with animation.

Walt had little success, and in 1923, with his brother, Roy, and a friend, Ub Iwerks, moved to Hollywood, California. In California, Walt Disney continued his work with animation and produced the character Oswald the Rabbit for Universal Studios in 1926-1928.

In 1928 he and his brother formed Walt Disney Productions. They produced two silent Mickey Mouse films which they could not get released commercially. Then Disney added a sound track to the Mickey Mouse movie *Steamboat Willie*; and the rest, as they say, is history.

Mickey spoke with a high squeaky voice supplied

by Walt himself. Iwerks was chief artist and managed the special effects. This was followed by the popular series "Silly Symphony" cartoons, introducing Donald Duck and Pluto.

By the 1930s the cartoons were in color and included Minnie, Goofy, and friends. In 1937 Disney produced *Snow White and the Seven Dwarfs*, the first feature-length animated film. Its outstanding success encouraged the production of many others including *Pinocchio* (1939), *Fantasia* (1940), *Dumbo* (1941), *Bambi* (1942), and *Cinderella* (1950).

Disney also produced films with live characters: *Treasure Island* (1950), *20,000 Leagues Under the Sea* (1954), *Mary Poppins* (1964). Television viewers watched his Davy Crockett series and the "Mickey Mouse Club." In 1955 he opened Disneyland, an amusement park in Anaheim, California. Walt Disney died in 1966, but his creations will live on for centuries to come.

Think About It:

The first successful Mickey Mouse film appeared the year before the stock market crashed in 1929—the beginning of the Great Depression. However, in spite of severe financial strain in America, Walt Disney's animation and film business succeeded. As with much that Americans take for granted, it didn't "just happen." Mickey emerged from uncertain times to grow into a strong presence in the American experience.

Discussion Questions:

1. What are some other businesses that began in the 1920s that have shown similar success? How did they affect your life? Did the Disney company make a difference in your life?
2. Do you recall businesses that failed because progress made them obsolete? What products do you recall using that are no longer available today? Why are they no longer used? What do people use in place of these products?
3. What are some differences you see in today's entertainment industry compared with your experiences as a child? Your children's? Your grandchildren's?
4. Have you ever had to "keep plugging away" at something? Was the outcome something you could have changed? What would you do differently if you had to do it again?



Imagination Vacation

High Point School

by Naomi Knight-Mier



Take my hand and come along with me. I'd like you to visit the school where I spent many of my younger days—High Point School. It's on R.R.2, Blue Grass Road. Today is September 12, 1936. I am eight years old. I walk a mile to school each day even if it is snowing. Today it is sunny and the road is dusty. When an occasional car passes by, I shut my eyes and turn my back to the car so the dust won't get in my eyes.

Can you hear the bell? Miss Yochum is ringing the big school bell; it must be 8:30. If I walk faster, I can get there on time. Climb that rough, old hill—I'm almost there. It's warm this morning, so the big double doors are wide open.

On the left are two narrow cloakrooms. The first one is for the girls, and the second one is for the boys. We aren't wearing coats today, but we put our lunch pails on the shelf and go on into the classroom. Don't sit in those little desks in the center. Those are for the little folks. My desk is on the right—fourth one down. In my desk I have a tablet, two pencils, a loose-leaf notebook, a pen, and a small box of crayons. The inkwell on my desk is half full. It is only the second week of school so my supplies are nearly new. My pencils are long, and my crayons still have pointy ends. None of them are broken yet. I like the purple one the best.

We have books, our own reader, speller, arithmetic, and English books. Sit down here beside me; the seat is wide enough for two. The teacher is taking roll. We all answer "here" when she calls our names. Then everyone stands to face the flag. "I pledge allegiance to the flag of the United States of America . . ." Today I feel especially proud to be an American. Do you?

Writing is first. The little folks do haystack, haystack, somersault. Haystack, haystack, somersault. Soon they'll write "me" in cursive,

between the lines, before they go on to another word. We older children have our pen and paper out with the heading written on it: High Point School. Naomi Knight. Grade 3. Miss Yochum turns the phonograph on, and we practice our writing exercises—round and round, round and round, until there's a neat row across the top line of the paper. Behind the teacher's desk on the blackboard is written, "Running is good exercise for boys and girls." We complete our writing paper by copying the sentence over and over until our pages are full.

Next are the reading classes, one at a time. A phonics chart stands in the corner of the room.

| | | |
|-----|------|-----|
| dog | frog | log |
| cat | rat | mat |

Miss Yochum uses lots of flash cards too. Of course, we older children already know them. When it is our turn, we read our story, talk about it, and answer questions.

The little folks are learning their numbers—1, 2, 3, 4, 5, 6 . . . Since we know our numbers, we'll practice addition, subtraction, multiplication, or division. Everybody is busy learning—one day at a time, one grade at a time.

Finally it's recess. Outside we play a game of hide-and-seek, tag, marbles, or baseball. Even the girls play baseball. Recess is only fifteen minutes so we must play quickly. Too soon we hear the bell again.

Is your pencil lead broken? Raise your hand to get permission to sharpen it at the pencil sharpener on the wall. Do you need to go to the bathroom out back? Raise your hand. Do you need a reference book from the small bookcase in the back of the room? Raise your hand.

At last it's twelve o'clock and time for lunch. I like to sit under the old oak tree down by the well.

From kindergarten through the eighth grade, Naomi Ruth Knight-Mier attended High Point School in Ottumwa, Iowa. She is now retired and spends most of her time quilting in her home in Yuma, Arizona. During the hot summer months, she and her husband, John, take their RV to cooler climates like California, Oregon, Oklahoma, and Iowa.



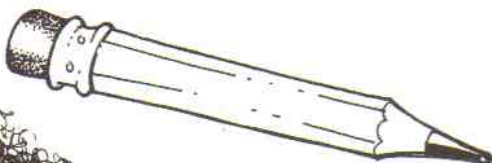
There's no thermos in the little lunch pail, but the peanut butter and jelly sandwich tastes great. Momma baked sugar cookies last night; we have some of those too. A whole hour for lunch, and the big kids have a ball game started. I don't run very fast, and I can't hit the ball; but they'll let me play anyway. Too soon we hear the bell—back to learning. Thirty children, one room, one teacher. But we're doing well with our studies. More classes, another recess, and it's four o'clock. Wasn't that a fun day at High Point School? Would you like to go again? Be ready at 8:15 tomorrow morning, and I'll stop to get you.

How to Use Imagination Vacations

We invite you to present this imaginary journey to coma victims and Alzheimer's patients as well as alert seniors. Listeners should be lying in bed or resting comfortably in a chair. If you are presenting to a small group, there should be no more than three or four persons.

It is vital that the setting be calm, quiet, and totally uninterrupted. Read slowly and pause often so the listeners may use their imaginations and mind's eyes to "see" what you are describing. You may feel that you're reading too slowly—you are not! Give the listener plenty of time to visualize every word. Don't think that because a group has heard an imaginary journey once that they don't want to take it again. Often repetition, especially for Alzheimer's patients, is good therapy.

The following discussion questions and activities will give you plenty of follow-up ideas so you can culminate each reading with a new activity. We hope that this Imagination Vacation will give your seniors a pleasant glance at the past and be stimulating for all.



Discussion Questions:

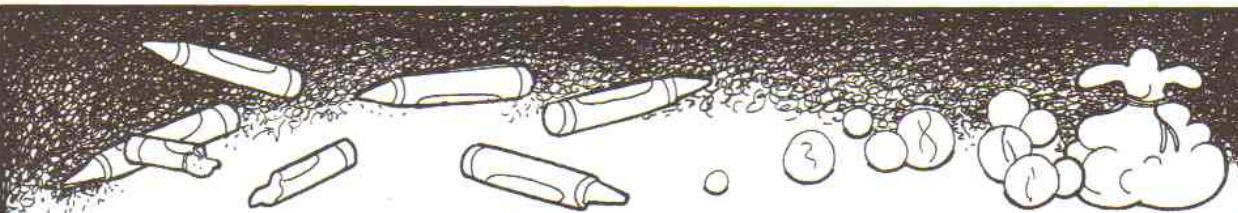
1. Where did you go to school when you were in the third grade? What year was it? Did you attend a one-room school?
2. Did your classroom have a cloakroom? Outside bathroom? Well?
3. What do you distinctly remember about your classroom? Do you remember the aroma of chalk dust?
4. What do you remember about your teacher? Other students?
5. What did you play at recess? At lunch? After school?
6. What were your favorite subjects?
7. What were your favorite foods to pack in your lunch pail?

Lunch Pail

Materials: child's lunch pail packed with peanut butter sandwiches (cut in bite-sized pieces) and sugar cookies

Introduction: Do you remember a particular lunch pail? What shape and color was it? Focus your memory on that pail. Imagine exactly how it looked. How did it feel in your hand? Was it heavy or light to carry? What was the handle like? Remember the aromas that arose from it when you opened the lid? What kind of food was usually packed in your pail? Did your pail have a thermos? If so, what did you take in your thermos?

Activity: Hold this lunch pail. Explore it with your fingers. See how the handle works? How does it open? Can you open it? What sound did it make when you opened it? Use your nose to determine what is inside the lunch pail. Can you smell peanut butter? Can you smell the sweet fragrance of sugar cookies? Would you like to taste the sandwich? Can you identify the kind of jelly on the sandwich? Is it apple? Grape? Strawberry? Take the cookie out of the wrapper. Taste the cookie? Does it remind you of any flavors you enjoyed as a youngster? Did your mother bake sugar cookies when you were little? What



ingredients do you think were used to make this cookie? Flour, sugar, vanilla? Can you name another ingredient? What was your favorite food to find in your lunch pail when you were a child? Did you pack your own lunch or did someone do it for you? Did you take a lunch pail to work as an adult? Did you pack a lunch pail for your spouse, children, grandchildren?

Crayons

Materials: one new box of crayons and one box of used and broken crayons (It is best if you can use the boxes with eight jumbo-sized crayons with removable lids.)

Introduction: Remember the first day of school each year when your box of crayons was brand-new? Did you ever make a promise to yourself to keep the crayons nice and not break any? Every child does that, don't you think? How long was it before you squeezed one too hard and broke one or pushed too hard and snapped off the point? What was your favorite color? Did you ever have a box with lots and lots of colors?

Activity: Hold this box of crayons. (Place new box in hand.) Take off the lid. Can you smell the waxy crayons? They are aromatic, don't you think? Does the smell of crayons bring back childhood memories? Take one out of the box. What color is it? How does it feel? How did you hold your crayons when you colored? Did you put them back in the box in a certain way, or did you just throw them back into your desk? (Take the new box and give the participant the old box.) What is different about this box? Which color of crayon is the shortest? Which one is the longest? Which color was used the most? The least? Did you ever remove the paper from your crayons? Remember how the waxy colors would stain your fingers where you held them? What was your favorite thing to draw with crayons? How old were you when you stopped using crayons and

switched to markers or colored pencils? Did you like coloring in coloring books? Did you ever color with your child or grandchild?

Recess

Materials: bag of marbles in a drawstring bag and a baseball

Introduction: Remember recess when you were in school? What was your favorite game to play at recess? Did you play tag? Did you play hide-and-seek? Did you like to play baseball? Could you hit the ball? Run fast? Remember how it felt to stand at home plate and have the pitcher send a ball flying past your bat? Did you play marbles? In what did you keep your marbles?

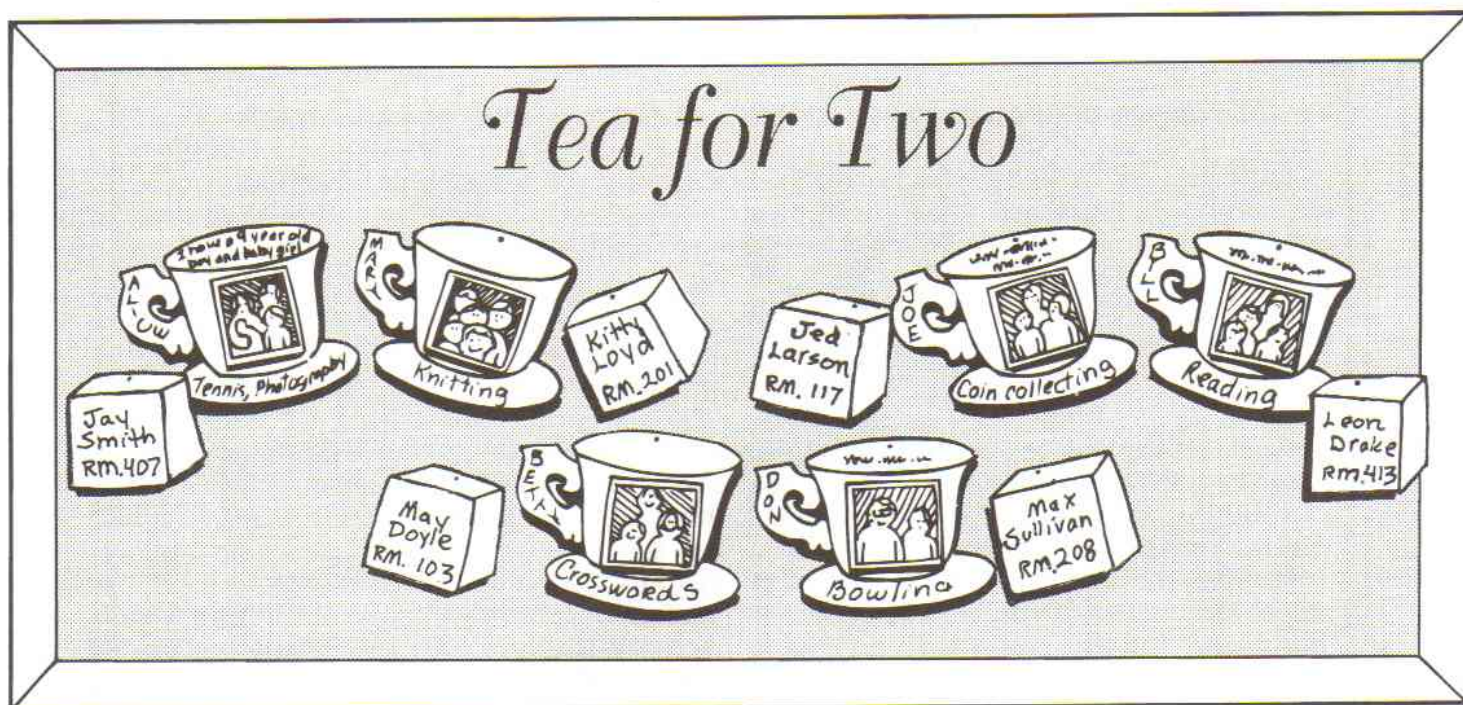
Activity 1: (Hand the participant a bag of marbles.) Hold this bag. What do you think is inside the bag? Feel through the cloth and try to identify the contents of the bag. Is the bag heavy? Do the contents make any sounds when you shake them? Roll the bag between the palms of your hands. What sound do you hear? Open the bag and put your hand inside. What do you feel? Take out one marble. Put it to your ear and rub it between your fingers. What do you hear? Touch it to your face. Is it cold or warm? Is it hard or soft? When you were young, did you have a bag of marbles? Did a brother or friend have a bag? Did you like looking at the different kinds of marbles? Remember purees? Cat's-eyes? Shooters? Were you good at the game, or did you lose most of your marbles at play? When you are finished holding and touching the marbles, put them back into the bag and give them to me.

Activity 2: (Give the participant a baseball.) What is it? Did you like to play baseball when you were a child? What position did you like to play? Were you on a team? How old were you when you played? Do you like watching professional baseball? What was your favorite recess game?

Tea for Two

A Getting-to-Know-You Bulletin Board

by Dee Leone



Your staff members and seniors will enjoy getting to know one another better with this bulletin board. To kick off the project, you may choose to have a tea party. At the tea gathering present the bulletin board to the staff and seniors. Let seniors know that daily they should check the board to see if their names are matched with staffers. Tell staffers to check every day to find out with whom they have been paired for the day. Let everyone know that the words "It's you for me and me for you" are not just sentiments of an old song—draw everyone in your facility closer together with Tea for Two.

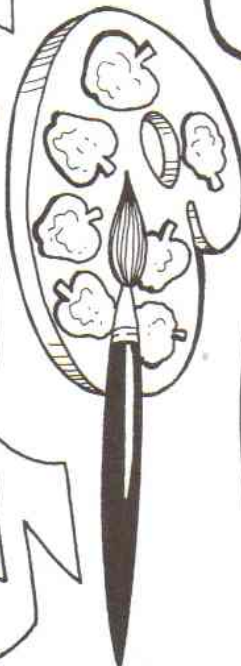
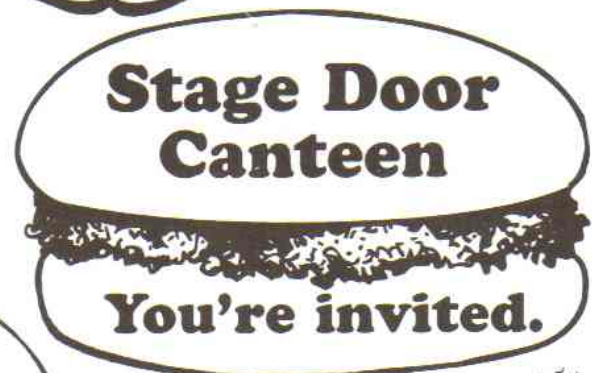
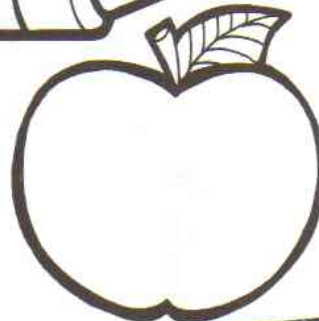
Directions: Enlarge the teacup pattern on page 14. Cut one for each staff member from heavy paper or light cardboard. Give a teacup to each staffer. Ask him/her to attach a photograph of his/her family to the center of the teacup. (Although seniors see the faces of the staff each day, they don't know about their personal lives—how many children they have, hobbies, special interests, etc.) Each staff member should also write his/her name on the teacup handle and list special interests and hobbies on the saucer. Use the sugar cube pattern to make a sugar cube for each senior. Write the name of a senior on each sugar cube. If possible, attach close-up photos so staffers will recognize their daily partners more quickly. Cover the board with brightly colored paper. Cut out the letters to spell the title and attach to the top of the board. Attach the

staffers' paper teacups to the board. Leave room so that a paper sugar cube can be placed beside each staffer's cup. Each day, match a staffer with a senior. If you have more seniors than staff members (and you certainly will), you don't have to use every senior every day. The sugar cubes on the board may be rotated daily, and the bulletin board may be used over an extended period of time. Try to eventually give each senior a chance to be paired with each staff member. This can easily be accomplished by making a grid. List staffers across the top and seniors in a column on the side. Each time a senior is paired with a staffer, mark the square where the names intersect. The goal is for each staffer to find his/her partner each day and take a few minutes to chat. Encourage pairs to share a cup of tea during their meetings.

Dee Leone has had many bulletin board ideas published in children's magazines and is the author of a bulletin board book.

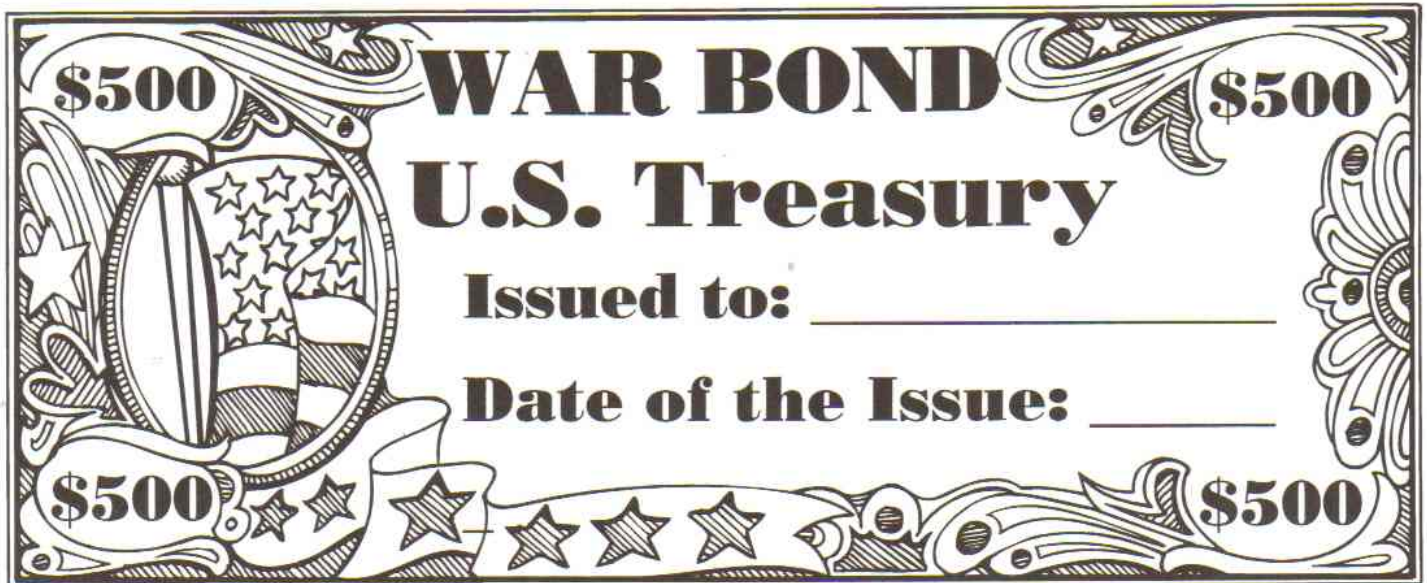
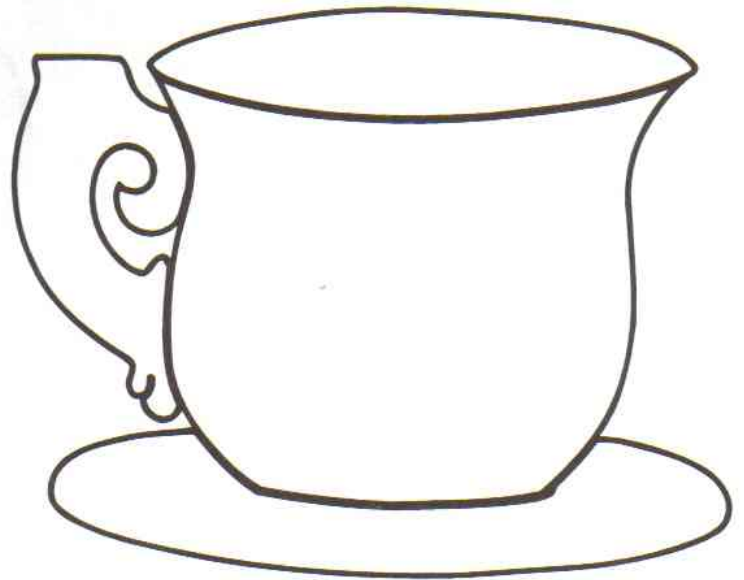
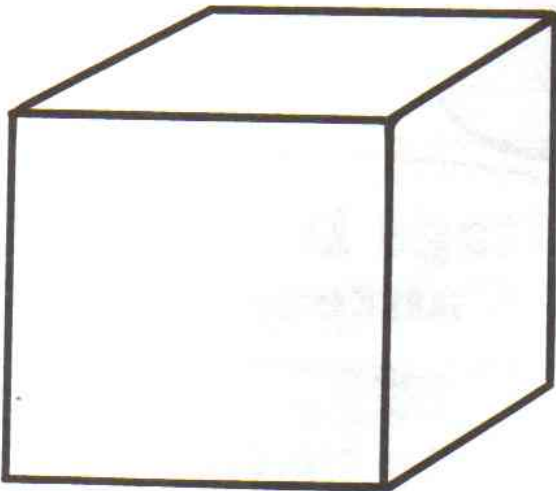
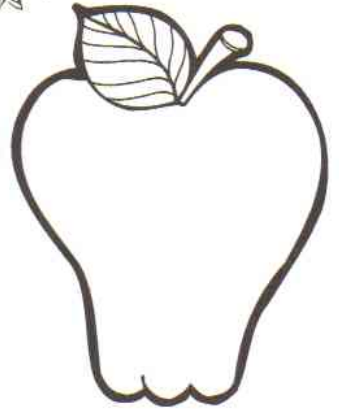
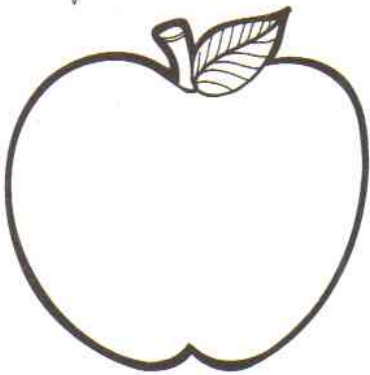
September Clip Art

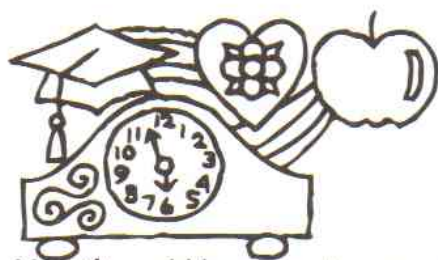
Sensational September News



Just Bursting to Tell You the September News!

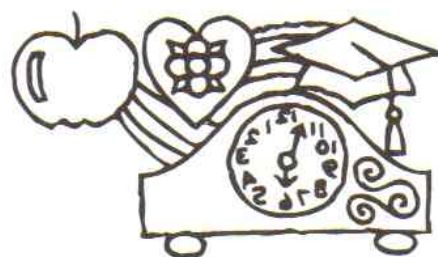
(September newsletter letterhead)





PERSONAL TIME LINES

BY KATHY DARLING

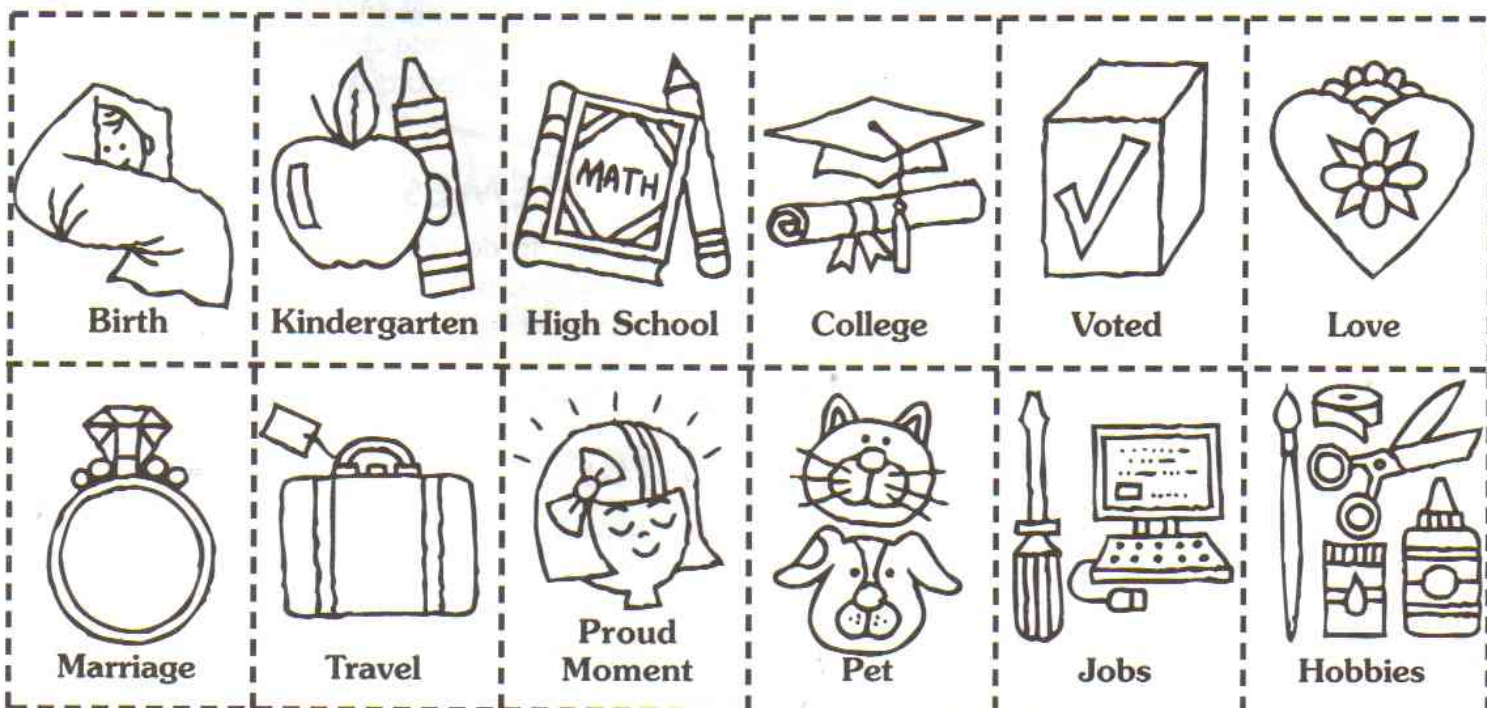


No gift could be more treasured than a piece of family history. Encourage your seniors to make personal time lines in order to record some important dates in their lives or that of their families.

Prepare Ahead: Make several copies of the stickers below so that each participant can use as many as he/she chooses. Cut these out ahead of time and place them in piles. Hold up each one and describe what it signifies. Help your seniors make their own personal time line with six strips of $4\frac{1}{4}$ " by 11" paper ($8\frac{1}{2}$ " by 11" sheets cut once horizontally). Overlap the ends of each strip $\frac{1}{2}$ " and glue together so that you have one long time line with six 10" sections. Label every 5" a decade as shown below. For a quicker and easier way to construct time lines, use adding machine tape. The time lines can be rolled up and held with paper clips when not in use.

1890 1900 1910 1920 1930 1940 1950 1960 1970 1980 1990 2000

Directions: Glue stickers on appropriate decades and write dates. Everyone should begin with her/his own birth date and birth place. A sticker of an infant may indicate the seniors' birthdays and also mark the births of children and grandchildren. Try to get them to focus on special dates or periods in their lives so they may share these with their children or others who come to visit. Encourage them to make handwritten notes in colored pencil on the time lines. Photographs or photocopies of photographs can be added to the time lines. Because the time lines are very long, it may be best to work with small groups of seniors at a time. Parts of the time line may be rolled up and paper clipped when focusing on a certain decade. Everyone will have her/his own memorabilia to be attached to the time lines. Seniors may want several sessions to complete their time lines. Encourage family and visitors to help the seniors add facts to the time lines.



CELEBRATE A CENTURY MURAL

Your seniors will enjoy creating a giant time line mural of the past century and remembering great moments in sports and significant events in politics, social movements, etc. Begin by putting a long strip of butcher paper on the wall of a hall or cafeteria. The longer the better. Keep the mural low enough so that both those who stand and those who sit in wheelchairs can work comfortably. Equally divide the time line into ten sections: 1900 through 2000. (Basically you will be making a giant version of the time line shown on page 15.) Cut out the number patterns on the poster for the decades and paste them on colored paper. Trim the edges and attach these in regular intervals to the time line with tape or tacks. Provide seniors with a table near the mural containing stapler, tacks, sheets of 9" by 12" colored construction paper, white drawing paper, crayons, markers, colored pencils, old magazines, poster paints, glue, and scissors.

CREATING THE TIME LINE

Encourage seniors to remember important national or international events of the last one hundred years. To get the project rolling, have the seniors color and attach the stickers found on the poster in the center of the magazine to the appropriate areas on the time line mural. Almanacs, encyclopedias, and old magazines will give you a multitude of additional events to add. Your seniors can find pictures of famous people such as presidents, social leaders, sports figures, movie stars, etc., in old magazines and can cut out these to attach to the mural. Others may like to draw pictures representing social trends ("flappers" and the "zoot-suiters") or periods of political upheaval or unrest (the depression and the wars come to mind). These artistic seniors will enjoy having their efforts displayed on the mural.

NAME THAT DECADE

You can make a game out of the time line by drawing events out of a hat and challenging seniors to place them correctly on the time line. The "Name That Decade" puzzle on page 59 contains a list of twenty interesting challenges for your group. Even if they have already worked the puzzle, reviewing the events will give them an opportunity to recall what they have been learning.

TUNES OF YESTERYEAR

Cut black construction paper circles and add a colorful label in the center of each to represent 45 RPM records. Write the name and artist of a tune on each record. Play or sing a bit of the tune to see if seniors can name the decade in which it was popular. Then place the record shape in the appropriate area on the time line.

TIME LINES WITH THEMES

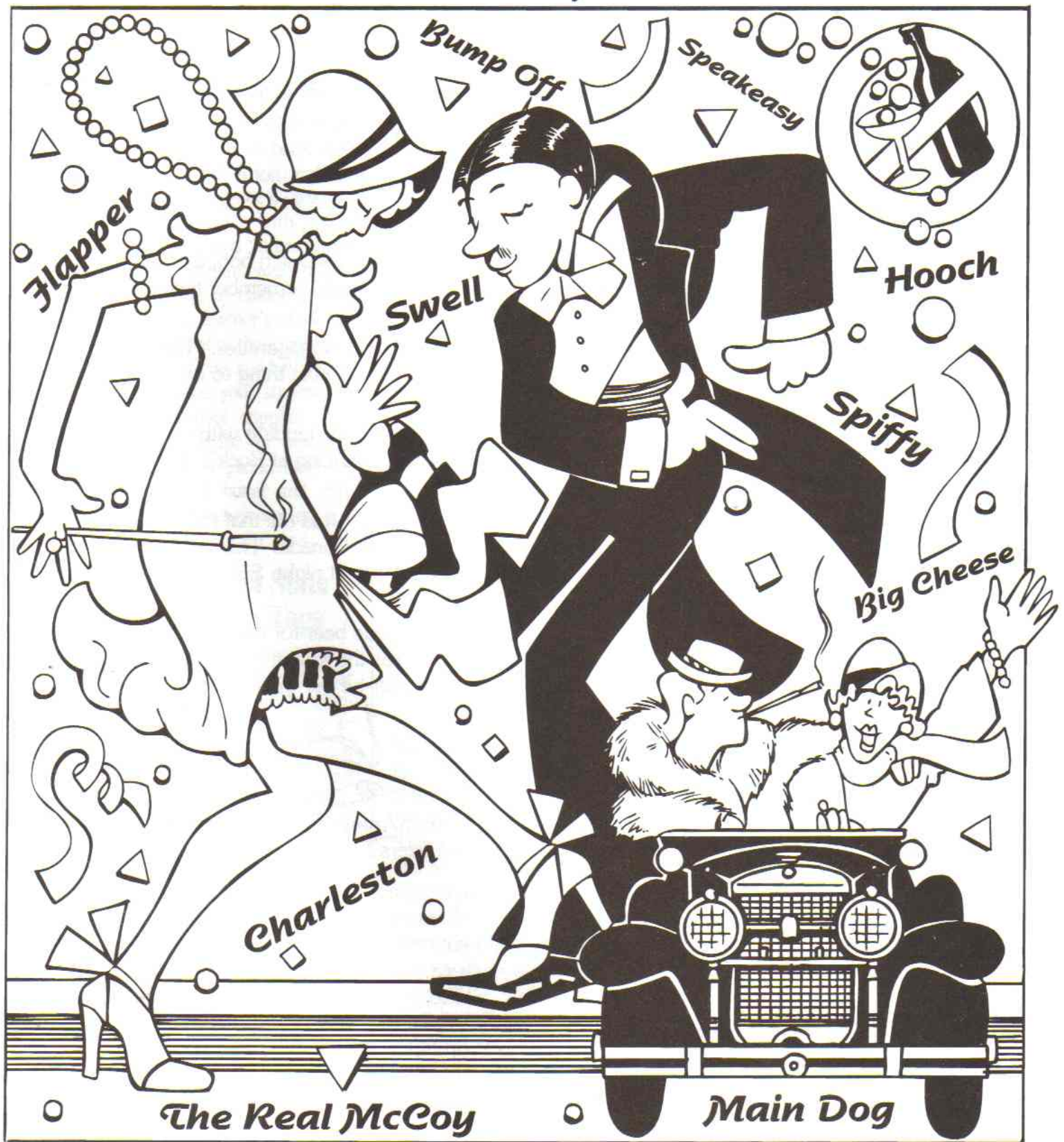
If your group especially enjoyed this project, you may later want to do time lines with specific themes like sports, music, television, politics, world events, elections, etc. Focus on one particular theme and see how detailed the group can make the time line mural in a one-week or two-week period. Time lines are an excellent way to help your seniors focus on the past. Even though their short-term memories may not be as sharp as they once were, past events may be very clearly etched in their minds.

TIME LINE EXHIBITION

Besides inviting family and friends of the residents to see the mural, why not invite a class of children from a local grammar school to visit your facility and view the mural. Children in fourth through sixth grades may be studying some of the historical events that are on your mural. Send invitations to schools in your area so that the finished mural can be viewed by a multitude. Celebrate the century!

Reminisce

The Roaring Twenties



The Roaring Twenties

by Edith E. Cutting

How did the Roaring Twenties get their name? Well, you have heard of the sonic boom created when airplanes break the sound barrier. The Twenties were the years when many women—and men—broke the barriers of fashion and propriety.

One lady who is over one hundred years old remembers her mother making all her dresses. To be proper, the hems were just two inches from the floor. She laughed, though, as she remembered how shocked she and her mother both were when the hem lines climbed to six inches from the floor! And in the Twenties the hems went up from there. Remember the raised eyebrows at the chiffon gowns that fluttered around your knees when you danced the Charleston! Clara Bow, the famous flapper, danced like that. She had her hair bobbed too.

Hairdos changed in those years. Women began wearing their hair short, in a Dutch bob, or even shingled up the back—a “boyish bob” it was called. More feminine was the marcel. Do you remember those stiff, mechanical waves you crimped into your hair with a curling iron?

Of course the Twenties were the years when young women began smoking cigarettes. “I tried them,” one friend who is over ninety told me, “but they tasted terrible!” Still, it was the chic thing to do—at least to hold a lighted cigarette casually in your hand.

Speaking of the casual pose, I remember one of my cousins who practiced standing with one foot tipped in sideways till her ankle almost touched the floor. Whispers said she went dancing at Buck’s, the roadhouse just outside of town!

The Twenties were also the time of Prohibition. Years afterward, my father told me that the back road a quarter of a mile from our home was one of the bootleggers’ routes from Canada. The whole neighborhood blocked its ears and closed its eyes when cars went roaring down that way at night. Still, he said, people knew where to go in town if they needed a sip!

Recently another friend told me that when she was little, her father made beer for himself—he didn’t sell it—in a big kettle in their kitchen. The nearest my family came to that was the time my brother made a batch of root beer from the grocery store package, and the bottles blew up after he put them down in the cellar!

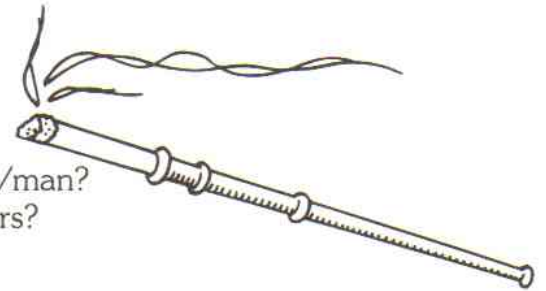
Discussion Questions:

1. How do you think the Roaring Twenties got their name?
2. When or where did you smoke your first cigarette?
3. How did you wear your hair when you were a young woman/man?
4. What dance steps or music do you remember from those years?

Activity:

For an enjoyable glance into the past—Prohibition days—share the book *The Education of Little Tree* with your group. There are twenty-one chapters, and each can be read aloud in approximately 8 to 12 minutes. This charming novel tells of a Cherokee boy’s childhood remembered in generous, loving detail. Some of it is sad and will bring tears. Some of it is hilarious and will make everyone laugh. All of it is a sweet, charming, and tender look at family love during Prohibition days.

Edith Cutting of Johnson City, New York, has authored hundreds of magazine articles and stories for children’s magazines. She is also the author of two teen romance novels.



September Sunday Socials



by Susan Julio



Three Rs Social

Do you know that in 1900 an average schoolteacher could expect to earn \$325 a year? Invite your seniors to revisit those "dear old golden rule days" with some readin' and 'ritin' and 'rithmetic fun and games. Prepare your "classroom" by lining up chairs in rows and putting a teacher's desk (or table) at the front of the room. Add a chalkboard, globe, and bell. Don't forget to remind your students to bring their school supplies (and maybe an apple for the teacher).

Take a picnic lunch of peanut butter and jelly sandwiches, apples, and milk.

School Slate Name Tags

Before the party, prepare a "slate" name tag for each "student." To make the slates, cut 5" by 4" rectangles from brown construction paper and set aside. Next, cut 4" by 3" rectangles from black construction paper and glue to the center of the brown papers. When "students" arrive, provide each with a slate and a piece of chalk and have them write their names on their slates. They may want to use their childhood nicknames. Penmanship counts. Reward students with gummed stars to decorate the name tags. Ring a bell to begin the party. Class is in session!.



Spelling Bee

What would you find in a turn-of-the-century classroom? Divide your group into teams. Have players from each team take turns spelling the following words. Tally the number of correctly spelled words for each team. The team with the most points might win bee-related prizes like individual packets of honey or Bit-O-Honey™ candy bars.

| | | |
|----------|------------|---------------|
| apple | slate | inkwell |
| glove | chalk | stove |
| teacher | student | hickory stick |
| firewood | bell | chalkboard |
| pencil | eraser | crayons |
| paper | lunch | reading |
| book | flag | |
| recess | lunch pail | |
| desk | chair | |
| map | blotter | |
| paints | clays | |
| writing | arithmetic | |



Dunce Cap Relay

Make a large dunce cap by rolling and stapling a large piece of tagboard into a cone shape. Trim the bottom edge. Write the word "Dunce" in large letters on the cap. Seat players in a circle. Play some music and have players pass the cap around the circle. When the music stops, the person holding the cap shares something really dumb that happened to him/her in school. It could be true or it could be a tale fabricated to entertain everyone. Have fun with this one.

'Rithmetic Word Problems

Seat pairs of players at "desks" and provide each pair with a pencil and paper. Have players number their papers from one to ten. Come up with ten simple, silly word problems using the names of the players. For example: Betty and Ray won a mambo contest. The prize was \$250. How much will each receive? Read problems aloud and have partners write their answers. Give an M&M™ or other small candy to each player for each correct answer.



Lunch Break

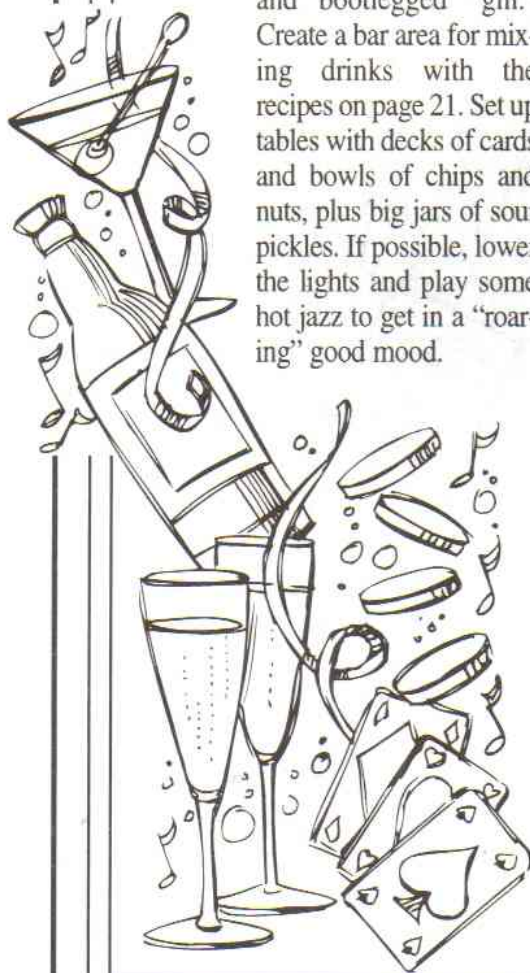
Halfway through the party, ring the bell for a lunch break. Pass out lunch sacks packed with peanut butter and jelly sandwiches and apples. Give pairs of seniors a lunch sack of food to share. If possible, provide a choice of milk or chocolate milk in little cartons with straws.



Roaring Twenties Party

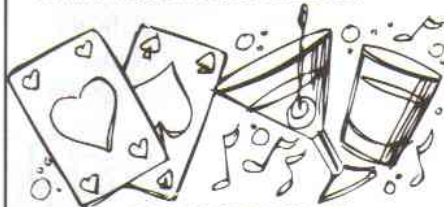
Does anyone remember the Volstead Act? Better known as Prohibition (or the "Great Experiment"), this law prohibited the sale of alcoholic beverages and opened the door for the bootleggers and gangsters of the 1920s. Once the "brew" was smuggled into the country, the question became "where to drink it?" A speakeasy, of course. Revisit the 1920s with your own speakeasy filled with gangsters, molls, games, and bootlegged "gin."

Create a bar area for mixing drinks with the recipes on page 21. Set up tables with decks of cards and bowls of chips and nuts, plus big jars of sour pickles. If possible, lower the lights and play some hot jazz to get in a "roaring" good mood.



"Joe Sent Me" Icebreaker

Before copying the invitation below for each guest, fill in the party time and location. At the party, have a doorkeeper check for the secret password before allowing guests to enter. Then, present each guest with a name tag complete with suitable gangster names. For example: Fish-eye Louie, Two-Kisser Betty, or Machine Gun Gus. Give guests some minglin' time to enjoy drinks and a round of cards.



Shhhhhhhhhhhhhhh!

You're invited for a hot time.

When: _____

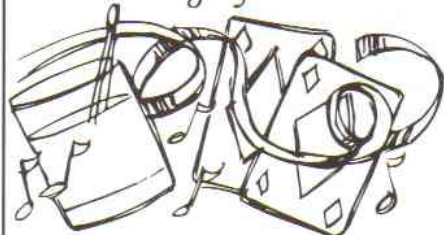
Where: _____

Keep it under your hat.

The password: "Joe sent me."

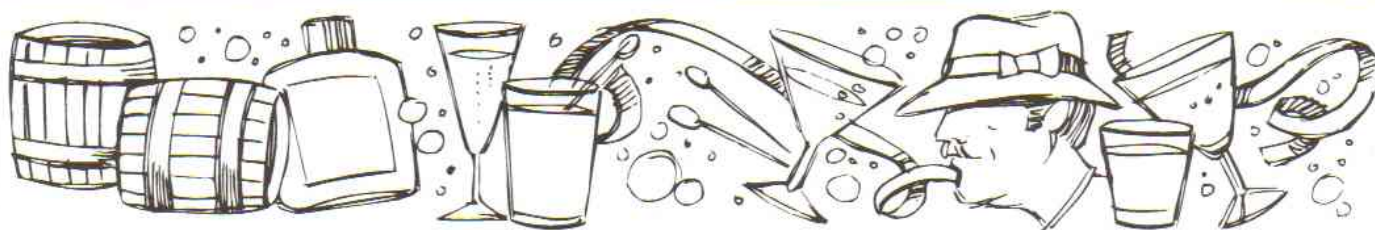
You will need to know the password to get into the party.

Bring a friend!



Moider!

For this simple game of observation, set players in a group with you, the stool pigeon (the Stoolie), as the leader of the game. The Stoolie points into the crowd and says, "He/She did it. He/She committed moider (murder)." The Stoolie then asks the group to identify who the killer is. (The "killer" is the first person who makes a guess as to who the killer is, not the person who was pointed out to the group.) After several guesses the Stoolie identifies the real "killer." The game continues as the Stoolie "points the finger" at a new killer. Play continues until players catch on as to how the game is played.



In the Chips— Who Dunnit?

Find out who “dun” what with this trivia game. Obtain poker chips and divide players into “gangs” of three to four players. Let each “gang” choose a name for themselves. Examples: Southside Slayers, Battery Bruisers, Machine Gun Gals. Have gangs take turns answering one of the Who Dunnit Trivia Questions. Gangs receive a poker chip for each correct answer. If a question is missed, the other gangs may take a guess. The gang with the most chips at the end of play wins.



Who Dunnit Trivia Questions:

1. Who flew solo over the Atlantic Ocean in the *Spirit of St. Louis*? (Charles Lindbergh)
2. Who was a Chicago gangster and was known as Scarface? (Al Capone)
3. Who starred in moving pictures and was known as America's Sweetheart? (Mary Pickford)
4. Who was President of the United States from 1923 to 1929? (Calvin Coolidge)

5. Who sang “Mammy” on Broadway and made the first talking picture? (Al Jolson)
6. Who wrote “The Great Gatsby”? (F. Scott Fitzgerald)
7. Who was considered baseball's greatest player? (Babe Ruth)
8. Who was the most famous police dog in the movies? (Rin-Tin-Tin)
9. Who had “IT”? (Clara Bow)
10. Who fought Jack Dempsey for the heavyweight boxing title in 1926? (Gene Tunney)
11. Who was the first woman to fly the Atlantic in June 1928? (Amelia Earhart)
12. Who won an Oscar for Best Actor in the movie *In Old Arizona* in 1928-29? (Warner Baxter)
13. Who won a Nobel Peace Prize in 1919? (Woodrow Wilson)
14. Who was President from March 4, 1921 until August 2, 1923? (Warren G. Harding)
15. Who was Democratic Presidential nominee, James M. Cox's vice presidential running mate in 1920? (Franklin D. Roosevelt)

Who's Got the Goods?

For this version of “hot potato,” fill a paper bag with “hot” goods (stationery, a book of stamps, throat lozenges, handkerchiefs, etc.). Seat players in a circle and select someone to be the G-man. The G-man closes his/her eyes and blows a whistle. Then the bag is passed

around the circle until the whistle is blown again. The player caught with the bag is dropped from the game. Play continues until one person is left “holding the bag.” That person wins the bag as a prize!

“Mixed Drinks”

Stock your bar with cracked ice, cherries, lemons slices, and the ingredients listed below. Find someone willing to be the bartender and provide cups, cocktail napkins, and swizzle sticks for each guest. Don't forget to post a drink menu for guest selection.

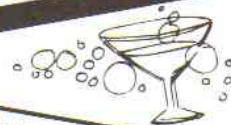
Bathtub Gin Cocktail

Directions: Mix together equal parts seltzer water and a clear soft drink like 7-Up™ or Sprite™.



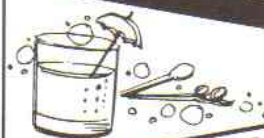
White Lightnin'

Directions: Mix together equal parts seltzer water and white grape juice.



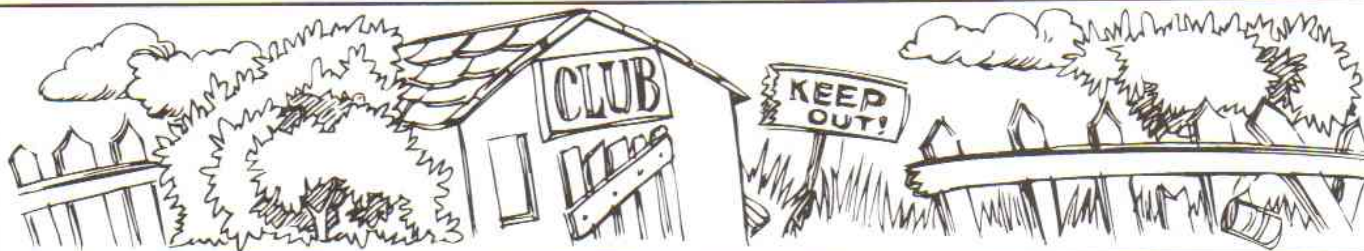
Rumrunner

Directions: Mix together equal parts seltzer water and apple juice.



Hair o' the Dog

Directions: Mix together equal parts seltzer water and limeade.



Our Gang 1930s Party

Join Spanky, Alfalfa, Buckwheat, and the rest of the gang for a kiddie party from yesteryear. Remember when life was as simple as signing your name in blood to prove you would be a pal forever? Re-create the gang's vacant lot playground with a spare tire, old cans, and bottles under a big tree. For refreshments, serve hot dogs, chips, and watermelon. Remember when Buckwheat would rub his tummy

and say, "Wish I had a watermelon"? Shirley Temples might be a good way to wash down the picnic. (Do you know that Shirley Temple started off in a kiddie series like *Our Gang*?)

Nickname Mixer

Our Gang had great nicknames: Speck,

Spanky, Buckwheat, Alfalfa, and Stymie. Childhood nicknames—everyone had one! See if your seniors will share theirs with this fun icebreaker. Before the party, ask each guest for a special childhood nickname and write each on a name tag. When guests arrive, give each person someone's nickname name tag. Then allow plenty of time for everyone to go around the room and try to find the person whose tag they have. For example: Are you Curly Locks? Are you Flicka? When he/she

finds the right person, give him/her the tag to wear. When everyone is wearing his/her correct nickname, play some Our Gang games.

Singing Contest

Remember when Alfalfa performed a stirring rendition of "I'm in the Mood for Love" on a radio program contest in *The Pitch Singer*? And who can forget the surprised look on Alfalfa's face when bubbles came out of his mouth while singing "I'm Forever Blowing Bubbles"? Invite willing seniors to warble a 1930s tune such as "I'm in the Mood for Love." Find the winner by holding your hand over each contestant's head and asking the audience to applaud their favorite.

I'm in the mood for love.
Simply because you're near me.
Funny but when you're near me,
I'm in the mood for love.

Heaven is in your eyes.
Bright as the stars we're under.
Whoa, is it any wonder
I'm in the mood for love.

Why stop to think of the weather?
This little dream might fade.
We put our hearts together.
Now we are one. I'm not afraid.

If there's a cloud above
And if it rains, let it.
But for tonight, forget it.
I'm in the mood for love.

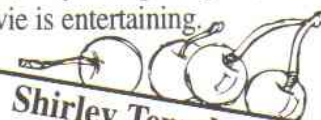
Teacher's Pet

Oh, oh! Who put the frog in the teacher's desk? To find out, select one player to be Teacher and seat

the players in a circle. At the sound of a bell or a whistle, players pass the "frog" (green beanbag or stuffed frog) from one player to another until Teacher gives the signal again. The player holding the frog tells why he/she was or was not the teacher's pet. If someone who has already shared is stuck with the frog, he/she passes it to the person on the right. Game continues until everyone has had a chance to share.

A Picture Is Worth a Thousand Words

Most of your seniors will remember bits and pieces of *Our Gang* movies, but why not relive some of those great moments. Show a volume of *The Little Rascals* shorts available in most video shops. If you cannot obtain a volume of old shorts, there is a modern version (1995) called *The Little Rascals*. Although the little stars aren't Gary Coopers, they are quite good, and the movie is entertaining.



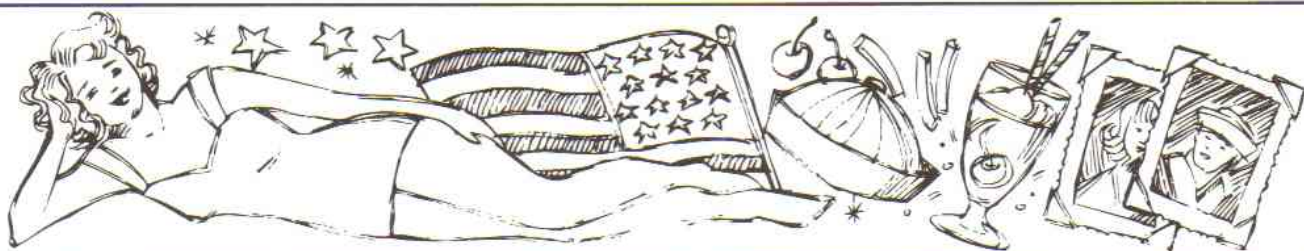
Shirley Temples

Directions: To make Shirley Temples, add a small amount of maraschino cherry juice to a clear, sparkling beverage like 7-Up™. Top each drink with a cherry.



Watermelon Wedges

Directions: Cut a seedless watermelon in half horizontally. Then cut the halves into 8 to 12 pie-shaped wedges. Serve cold with plenty of paper towels.



Stage Door Canteen

In the 1940s, even Hollywood did its part for the war effort. Actress Bette Davis organized a canteen for all service men passing through the Los Angeles area and staffed it with some of the most famous stars in Hollywood. It wasn't unusual to see Betty Grable serving lunch or Marlene Dietrich washing dishes. Create your own canteen with lots of 40s Big Band music and American flags. For lunch serve

Canteens, French fries, and soda fountain drinks like cherry, vanilla, or chocolate Cokes™. For an extra fun touch, why not encourage staff members to dress as their favorite Hollywood stars of yesteryear?



Military Icebreaker

Assign each guest a branch of the military by writing *Marines*, *Air Force*, *Army*, or *Navy* in the corner of adhesive-backed name tags. Have the people of each branch get together. Teach them their fight song (a song book from the local library can help you with the words of *The Marines' Hymn*, *The Army Air Corp*, *The Caissons Go Rolling*

Pinup Girl—Who Am I?

What better for morale than a picture of a famous star to decorate a Quonset™ hut or the nose of a bomber? To play this trivia game, begin by making some "war bonds." (See the pattern on page 14.) On the back of each, number one through six. Read aloud the trivia questions. If you think your seniors might have difficulty with this game, you may want to write the answers in random order on a large sheet of paper and attach it to the wall so that they may choose.

Pinup Girl Trivia Questions:

1. I was known as the girl with the peekaboo bang. Who am I? (Veronica Lake)
2. I was known as the girl with the million dollar legs. Who am I? (Betty Grable)
3. I was known as the "Oomph Girl." Who am I? (Ann Sheridan)
4. I starred in the movie *Cover Girl* and was once married to Prince Aly Kahn. Who am I? (Rita Hayworth)
5. I was known as the "sweater girl." Who am I? (Lana Turner)
6. I wore a sarong and starred in movies with Bob Hope and Bing Crosby. Who am I? (Dorothy Lamour)

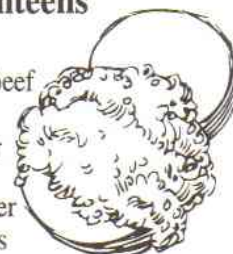
Victory Garden Race

Have seniors "plant" their own victory gardens with this fast-paced game. Prepare two boxes with a

few inches of dirt or sand in the bottom of each. Divide players into two teams. Have each team sit in chairs lined up side by side. The teams should face each other. Provide each player with a "vegetable" (either real, plastic, or paper) and give each team leader a box. At the signal the leader must "plant" his/her vegetable (at least part of it must be buried) and pass the box to the next player. The first team to plant its garden is declared the winner!

Canteens

- 1 small onion
- 2 pounds ground beef
- 1/2 cup catsup
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 12 hamburger buns



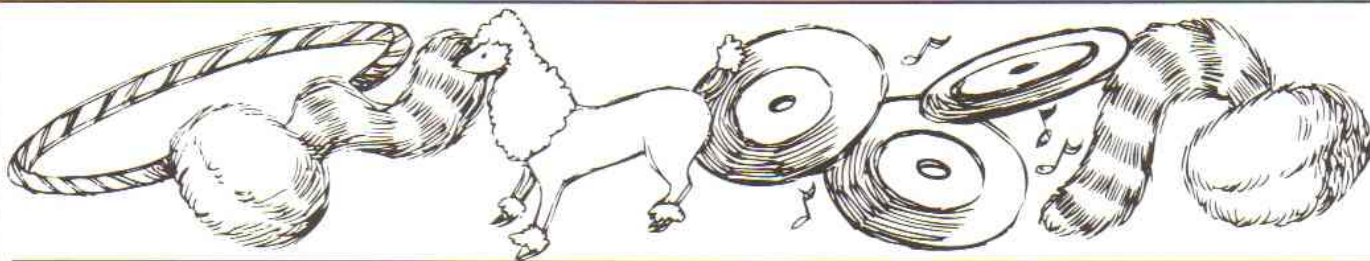
Directions: Mince a small onion. Brown in a hot skillet and add 2 pounds ground beef. Cook and stir constantly until meat is done. Add catsup, sugar, salt, and pepper. Stir. Serve on hamburger buns. Wrap in sheets of waxed paper and serve.



Soda Fountain Drinks

- Cokes™
- maraschino cherries and juice
- vanilla extract
- chocolate syrup

Directions: Serve Cokes in clear glasses over crushed ice. Add 1 teaspoon cherry juice and a cherry, or 1/2 teaspoon vanilla, or 1 tablespoon chocolate syrup. Serve each drink with two straws.



Fifties Fads and Fancies

Remember poodle skirts, hula hoops, and Davy Crockett caps? The 1950s were full of fun (and just plain silly) fads. Decorate walls with old 45 rpm records and posters of Elvis Presley. For refreshments serve popcorn with a variety of toppings and pink lemonade or Kool Aid™. Visit your library for some classic 1950s tunes to play. Look for titles by Vic Damone, Julie London, and Frankie Laine. You may also

want to rent or borrow some videos from television's Golden Age (vintage episodes from *I Love Lucy* or *Father Knows Best* might be fun to watch).

Board Game Icebreaker

Board games were very popular during the 1950s. Before guests

arrive, set up several tables with a selection of classic games: Scrabble™, Monopoly™, Parcheesi™, Sorry™, dominoes, etc. When seniors arrive, seat them at tables for play. Allow 30 to 40 minutes for each table to determine its champion. If everyone enjoys the game tables, leave them up so everyone can play a different game each day next week.

Tube Trivia

Did you know that the first color television was introduced in the 1950s? Test your seniors' knowledge of pioneering television shows with this trivia game. Divide players into two teams. Take turns asking each team one of the Tube Trivia questions. Teams score one point for each letter in the answer. The team with the most points at the end of play is declared the winner. For example: "The Mickey Mouse Club" is worth 18 points.

Tube Trivia Questions:

Name the television program that:

1. featured Sid Caesar and Imogene Coca in a series of comedy skits. (*Your Show of Shows*)
2. portrayed the everyday life of a screwball redhead and her Cuban husband. (*I Love Lucy*)
3. starred Robert Young as a dad who could do no wrong. (*Father Knows Best*)
4. featured a famous Hollywood actress swirling through an open door. (*The Loretta Young Show*)
5. starred a wooden puppet and Buffalo Bob Smith. (*Howdy Doody Show*)
6. portrayed Philadelphia teenagers dancing to the latest records. (*American Bandstand*)
7. starred everyone's favorite kids in rodent ears. (*The Mickey Mouse Club*)
8. featured Ricky, David, and their folks. (*The Adventures of Ozzie and Harriet*)

Hula Hoop Toss

Hang a hula hoop from a doorway or the ceiling. Have players take turns tossing a beanbag or ball through the hoop. If you have any able bodies who would like to demonstrate the technique of hula hoops, put these fanciful folks in the spotlight.



Leave It to Beaver Popcorn

Directions: Mix 3 quarts of popped corn with 1 cup of chocolate chips and 1 cup of raisins.



Howdy Doody Popcorn

Directions: Mix 3 quarts of popped corn with 1 cup of peanuts and drizzle with 1/2 cup of melted caramels.



Ed Sullivan Popcorn

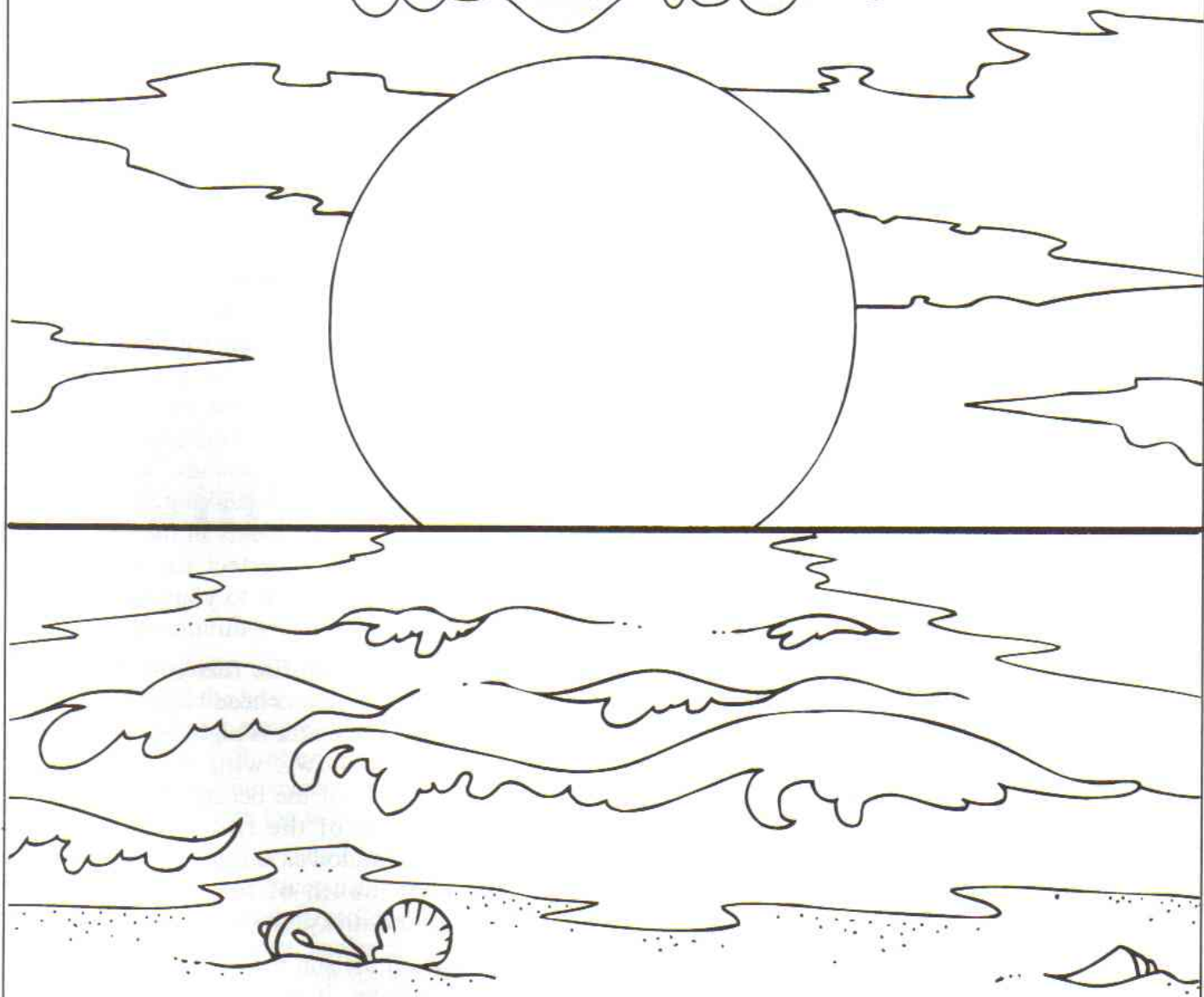
Directions: Make 3 quarts of popped corn. Heat 4 squares of white bakers chocolate in the microwave for 1 minute or until melted. Drizzle on corn.



Susan Julio is a graduate of Frostburg State University. A former teacher, she is now a freelance writer. She lives with her husband and two children, in Wake Forest, North Carolina.

Imagination Vacation

Pacific Sunset

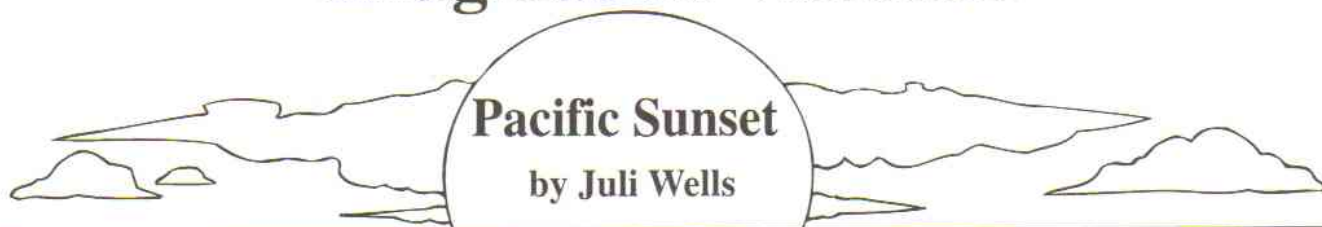


Follow-Up Activities

1. Reproduce the picture of the ocean sunset and have participants paint it with water paint or color it with colored chalk. (Cut off these directions before reproducing picture.)
2. Have everyone lie or sit comfortably with closed eyes. Play a relaxation tape of ocean sounds.
3. Place small seashells in a bowl of sand. Let participants sift through the sand to find the treasures of the sea.
4. Does your facility have a sandbox? Provide a tub of sand, water, and beach toys for play.
5. Fill a large tub or child's swimming pool with cool water. Let participants sit in chairs and dangle their feet in the water.
6. Toast miniature marshmallows in microwave and serve on toothpicks as a snack.
7. Pass around a large shell so everyone can listen for the echo of a day at the beach.



Imagination Vacation



It is late afternoon, and there are only a few inches left in the west between the setting sun and the mysterious ocean waters. You walk down to where the sand meets the sea and take a deep breath. The tangy smells of fish and seaweed fill your lungs. You can faintly taste the salty sea on your tongue. A gentle breeze silently blows, cooling your skin while lifting loose grains of sand that brush against your ankles.

A few people are still soaking up the last rays of the sun. Others finish packing up their picnic and beach gear. The laughter of children collecting colorful seashell treasures from the sand draws your eyes to the washed-out remains of sand castles, small footprints, and an abandoned beach ball.

Overhead the squawking seagulls blend their voices with the sounds of the ocean. The birds hover, soar, and swoop, then drop down to snatch crumbs remaining from lunches and snacks. Their once white bodies appear to darken as they flap their wings and disappear into the sunset. A small scuffling sound near your feet brings your attention to a lost crab. He laboriously carries his snapping claws out in front of his body as his short stalky legs carry him over sand hills, seashell fragments, and seaweed.

You take off your sandals and let the dry sand sift between your toes. It feels warm to the bottom of your feet. You pick up a handful of warm sand and let it run through your fingers, then brush off your hands. As you near the shoreline, the sand becomes wet. You leave a trail of indentations in your wake. Turn and watch as water seeps into them. The water feels icy when it reaches your toes, feet, and then ankles. The familiar sound of crashing waves and the remains of them lapping at the sand is a reminder that Mother Nature is continually changing the face of the earth. Bubbles rise to the surface of the sand each time a wave comes in; it covers the area, then leaves it to

catch its breath. You walk toward the craggy cliffs that form a point extending into the ocean. The waves mercilessly splash against these rocky cliffs spraying water everywhere, then return to the restless sea from whence they came. Water has receded from around the rocks at the bottom of the cliffs leaving tide pools. The marine life here—starfish, sea urchins, moss, seaweed, baby fish—is left to share the remaining water for survival until the tide comes back in. You walk over to some beached seaweed and step on the green bulbs connected to the vine and release the air within to make popping sounds. You spot the edge of a big, pearly shell sticking up from the wet sand. You bury your hands in the cold water and sand and retrieve a perfect souvenir of the day at the beach. Holding it to your ear you hear the echo of the sea within its shimmering walls.

The smell of a newly-lit fire fills your nostrils as you take a deep breath and head back to the camp you've set up with friends. A night of roasting hot dogs and marshmallows, with the background scenery and sounds of the ocean lies ahead. You smile at the sight of the fire's rising flames casting playful shadows. A drink of fresh water cleanses your mouth of the salty taste and prepares it for the sticky, sweet marshmallows.

You look toward the sun now lowering itself into the blue-gray water. It sinks quickly as the cool water seems to suck it down. The sun gone, twilight sets in. With most of the people and seagulls gone, the crackling of the fire and the breaking of white-capped waves are the only sounds left. The ocean sounds that you hear all around you will forever echo in your memory as they echo in the big seashell you found.



Juli Wells is an editor and writer of brochures and health articles. She lives in Orem, Utah, with her husband, Rick.



Movin' and Groovin'

Golden Oldies for Crooning

by Sharon Lair

Rhythmic feelings outlast all other human sensations. Are not the beating of the heart and breathing in and out vital to life itself? Even people in the final stages of Alzheimer's disease will often express themselves through a slight rhythmic movement—perhaps their only way of making contact with the world around them.

Many are the times when this author has sat down at the keyboard before a bored and lethargic group of elderly residents and launched into a rousing medley of upbeat tunes. Almost immediately eyes open, smiles appear, toes tap, hands clap. Hall walkers cease their pacing and begin to dance. Quite simply, lives are lifted up, hope is renewed.

It's Only a Paper Moon

To honor composer Billy Rose's birthday on September 6, use a couple of his most famous songs to move and groove. Who could forget "Me and My Shadow" or "It's Only a Paper Moon?" Other moon songs for this season include "Harvest Moon" and "Blue Moon."

Full Moon Sing-along

September 26 is the full moon this month. Take advantage of a lighted sky to move and groove out-of-doors. Play "Clair de Lune," by Claude Debussy. Use gentle

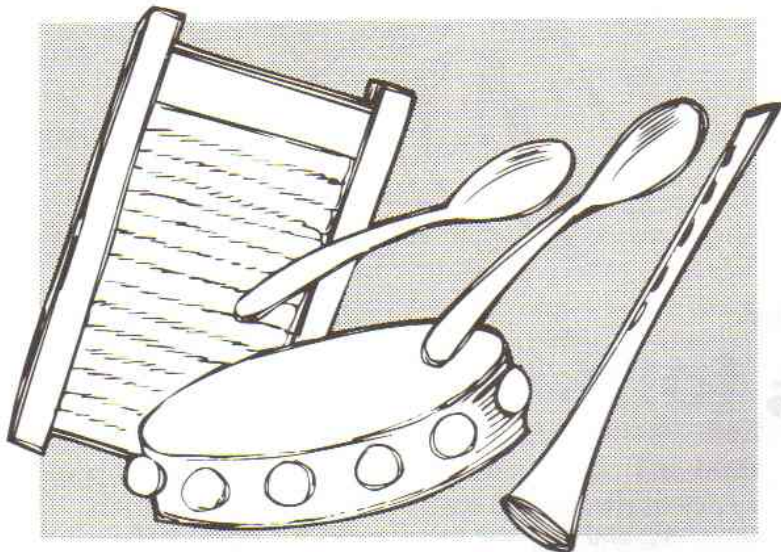
stretching and swaying motions from a seated position to feel the emotion of this classic composition. Moonlight on silk scarves swaying in the night will make tonight memorable for all. After movin' and groovin' give everyone time to reminisce about moonlight moments in the past. Who played out-of-doors on moonlit nights when he/she was a child? Who took moonlit strolls when he/she was a teen? Who liked to sit by a campfire and sing on a moonlit summer evening? Who remembers a moonlit night that was especially romantic?

Moonlight Becomes You

Many residents will remember their children "swooning" over the smooth melodies of Johnny Mathis. His songs were considered the perfect background for "necking." (Don't ask how this author knows this information.) Reminisce about being parents of teenagers during the early days of Rock 'n' Roll. What were some concerns? Did your family set strict rules for curfew? Recall your own dating days. What were some of the songs that brought on romance? Make a list to include on your facility's "hit parade." Then settle back in your chairs for some easy listening and use gentle, stretching upper body movements to the strains of "Chances Are," "The Twelfth of Never," and other Johnny Mathis classics.

You Can't Take the Country out of the Kid

Country music speaks to the hearts of young and old. Use music from the era when country music really was country—Hank Williams, Sons of the Pioneers, etc. Find old recordings. Dub tapes for boom boxes. As always, reproduce music for high quality of sound. Remember, one is never too old to experience romantic, sentimental feelings. Songs can bring the same emotions today as they did years ago. Be sensitive to losses that have occurred in lives of seniors.



Rhythm Band

Form a rhythm band. Use a washboard, spoons, rhythm sticks, tambourines, and kazoos. Clap. Stomp. Yee-haw. This is an excellent time to use a live guitarist or pianist and maybe even a drummer. If your facility does not own a good sturdy set of rhythm instruments, consider buying some. They are not expensive. Possibilities for music include highly rhythmic, foot-stompin' tunes such as "The Devil Went Down to Georgia," "Turkey in the Straw," "Arkansas Traveler," "There's a Tear in My Beer," and the list goes on and on.

Line Dancing

"Line dance" from a seated position. Make up and teach simple rhythmic boot-kick routines. Use both upper and lower body movements. Then reminisce about barn dances. Was anyone in your facility a square dance caller?

Sharon Lair works in the field of gerontology and is a social worker and admissions coordinator for two nursing homes. She also loves music and is a skilled piano player.

Gettin' Strong Now

Men (and maybe women as well) will enjoy building upper body strength while "air boxing" to the strains of the theme from *Rocky*. Be sure to leave enough space between participants to avoid KO's! Residents may remember what it is like to "float like a butterfly, sting like a bee." Our facility is able to boast of a resident who was a former Golden Gloves boxer.

Range of Motion Exercises

- Ear to shoulder
- Chin to chest
- Look to right and to left
- Wrist circles
- Fingers to thumb (one at a time)
- Spread fingers
- Wrist extension/flexion
- Wrist rotation
- Elbow extension/flexion
- Shoulder extension/flexion
- Shrugs
- Reaches
- Bend body from waist (if no disk problems)
- Arm circles
- Ankle extension/flexion
- Ankle circles

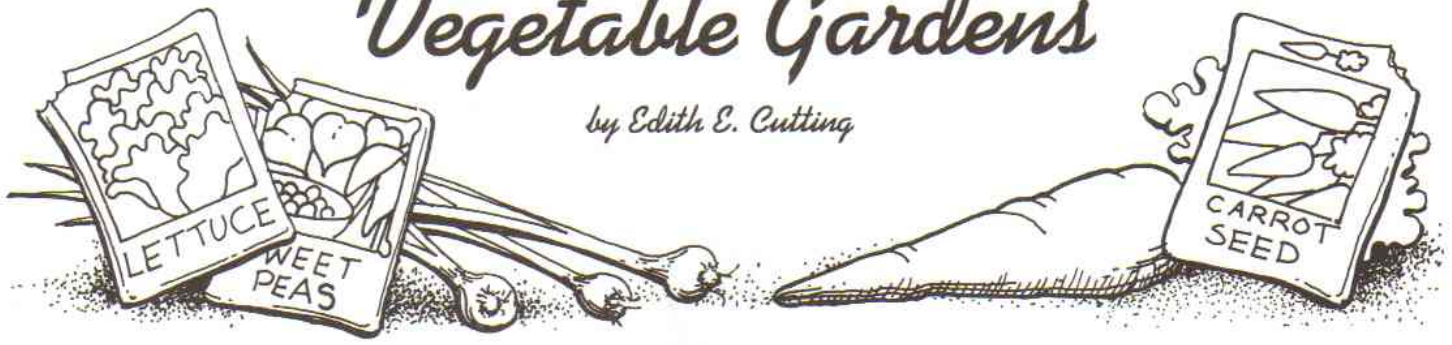


Vegetable Gardens



Vegetable Gardens

by Edith E. Cutting



Nowadays the supermarkets have wonderful produce sections, sometimes with a sprinkler going to keep the vegetables green and fresh. When I was growing up, our supermarket was the garden in back of the house. It was super too.

Everybody in the neighborhood raced to grow the first green peas of the season. Each day we would pick a few pods and eat the little peas as we walked along the row. At last they were ready and we picked a bucketful for supper. They were not a side dish. They were our supper, with fresh bread and butter. We had soup plates swimming with peas in milk, and best of all, with little new potatoes dug from the garden, washed (not peeled), cooked, and dropped into the kettle with the peas.

There were leaf lettuce early in the summer and bright red radishes so crisp they would almost snap when we bit into them. We didn't have vegetables cut up into salads. We savored each one by itself. Our lettuce leaves, for instance, were served in cereal bowls, with a dash of vinegar and a sprinkle of sugar.

Also there were cucumbers. "Run down to the garden and get some cukes for supper," Mama would say. We would wade in among the lush vines, moving the leaves carefully till we spied the slim, long cucumbers. Then back in the kitchen we would wash and peel and slice them lengthwise, and then add a little salt and pepper. What more could you ask?

After carrots came up, with their ferny leaves crowding each other, we had to thin the row. That meant carefully pulling out dozens of the little fingerlings to leave room for the others to grow. Some of those little yellow fellows made it to the house to be scrubbed and piled on a plate for supper, but many we just rubbed the dirt off with our hands and crunched them as they were.

I can't forget the corn, later in the summer. We would husk the ears and pop them into a kettle of boiling water. Those ears, with a swish of butter and a sprinkle of salt, were really "sweet corn"!

Discussion Questions:

1. Did your folks have a garden? As an adult, did you have a garden?
2. How big was your garden? Flowers or vegetables or both?
3. What is your favorite garden vegetable? Sweet corn? Tomatoes?
4. How do you like it cooked? Or do you prefer it raw?
5. Did you ever can your harvest bounties? Share some favorite canning recipes.
6. What work did you most like—or dislike—in the garden?
7. Do any of your children or grandchildren have gardens? Where do they live and what kind of gardens do they have?

Follow-Up:

If you can provide garden-grown vegetables to taste after the discussion, you will give your seniors a slice of summertime. Serve wedges of ripe tomatoes with bread and butter or cucumber sandwiches or chunks of zucchini and carrots with dip. Vegetables are a delicious way to provide a cool and refreshing snack. Celebrate autumn's harvest bounty by serving many garden-fresh vegetables this month.

Appreciate and Applaud Apples

by Dee Leone

Apple Pie Game

Players sit in a circle and pass an apple around while music plays or someone sings "Don't Sit Under the Apple Tree." When the music stops, without cracking a smile, the person holding the apple tries to say this: "Don't sit under the apple tree with anyone else but me, with anyone else but me, with anyone else but me, with anyone else but me, or I'll poke you in your eye."

Apple Art

Have an "apple-lutely" silly drawing contest in which the word *apples* or an apple shape is incorporated into each of the drawings. Your artists may choose to draw some silly things like an "apple-loose pony," or the "Apple-acian Mountains," or a "crab" apple. The sillier, the better. Ahead of time you may want to cut apple shapes from red construction paper that can be used as the bases of some of the projects. What would an apple cart look like? (An apple with two wheels and a handle, of course!)

Bushels of Apples

Put an equal number of red and green paper or real apples in a bushel basket or sack. Divide seniors into two teams—the red team and the green team. The teams take turns having a blindfolded player or a player with closed eyes draw an apple from the basket or bag. If the apple the player draws is the color of his team, the team keeps it. If it is not, the apple goes back into the basket or sack. The first team to get all of its apples wins. Give each player on the winning team an apple, of course!

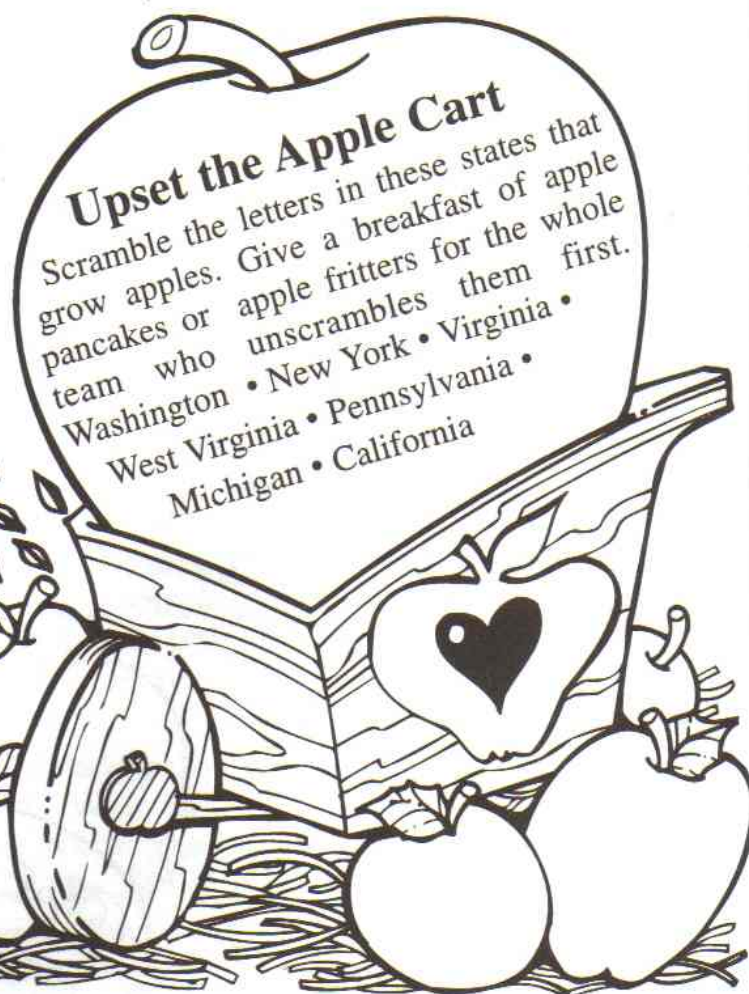
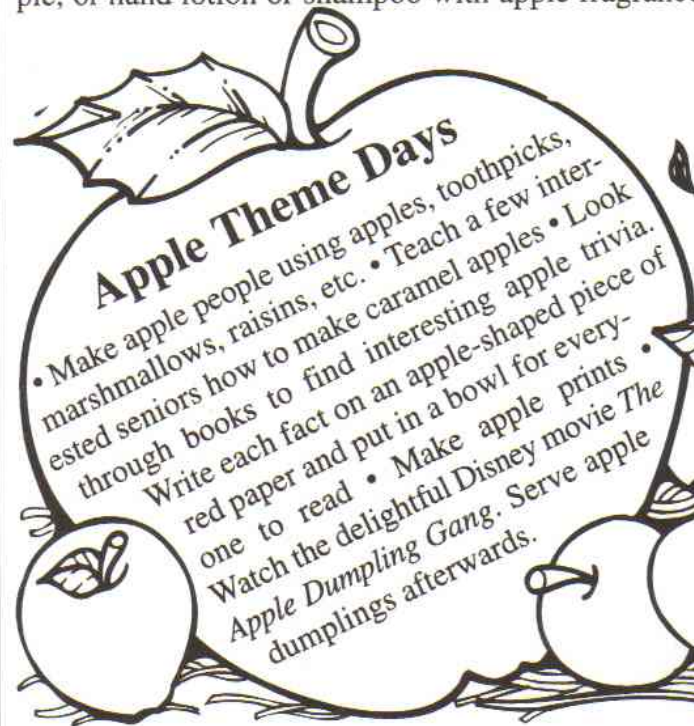
Sorting Apples

Challenge players to figure out which of the following are not apples:

Red Delicious • McIntosh • Pippin • Winesap • Rome Beauty • Anjou • Jonathan • York • Cortland • Bartlett • Granny Smith • Russet • Beverly Hills

Seed Guessing

Have various kinds of apples on display. Seniors try to guess how many seeds are in each apple. They can write their names and guesses on slips of paper and put in a bowl next to each apple. Correct answers can be rewarded with a raffle ticket to win an apple prize like a basket of apples, apple turnover, lunch-sized apple pie, or hand lotion or shampoo with apple fragrance.

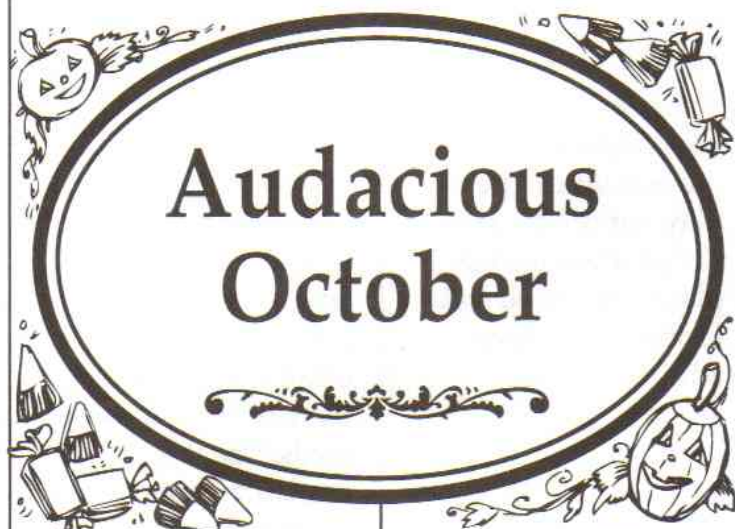


Apple Trivia Quiz



1. William _____ shot an apple off his son's head.
2. Isaac _____ may have discovered the law of gravity while sitting under an apple tree.
3. An apple a day keeps who away? _____
4. "The Big Apple" is a nickname for which city? _____
5. The Pennsylvania Dutch carved apple core _____.
6. John Chapman is better known as Johnny _____.
7. Sometimes patriotic people are said to be as American as _____.
8. A kind of jam made from apples cooked with spices is _____.
9. A food made by cooking pieces of apple in water until they become a soft, pulpy mass is _____.

- *National Physical Therapy Month*
- *Physician Assistant Day*
- *National Health Care Food Service Week and National Nursing Home Resident Rights Week*
- *Maintenance Personnel Day*
- *National Pastoral Care Week*
- *Halloween*



1 Since October is the month to celebrate National Nursing Home Resident Rights Week (6-12), what better way than to honor your residents with a week of extras? Terry L. Delp, Activity Director at Palm Beach County Home, West Palm Beach, Florida, sent us a great idea called "A Week of Extras" on pages 39 and 40. It's sure to bring your staff and seniors closer together this month.

2 Happy Birthday to Charlie Brown and Snoopy! Today the "Peanuts" comic strip is 46 years old. It appears in 2400

newspapers and is translated into 26 languages in 68 different countries. Discuss comic strips. Have everyone tell his/her favorite. Cut out a variety of comic strips including "Peanuts" and share them with the group. Which ones are the funniest? What makes a comic strip funny? Today is also the birthday of "The Twilight Zone." It first aired on this day in 1959. "This is the dimension of imagination. It is an area which we call 'The Twilight Zone.'" How many of your seniors watched that popular television show in the 60s and

70s? Do you have a lot of "The Twilight Zone" fans? Surprise them tonight with the movie *The Twilight Zone*.

3 On the first Thursday in October, the three-day Nottingham Goose Fair begins in Nottingham, England. This fair has been held annually since 1284. Can you imagine a tradition that is over 700 years old? Discuss traditions. What kinds of traditions hold families together? What kinds of ceremonies make American holidays unique? What are the traditions of your facility that seniors enjoy the most? Ask them; their answers may surprise you.

4 October 4 is the fourth day of the tenth month—recognized by radio operators as "Ten-Four Day." How many retired radio operators or CB enthusiasts do you have in your facility? How many early radio fans do you have? Gather together a group who are interested in discussing early radio programs. Who remembers gathering around a radio on a porch or

sitting on the living room floor to listen to a Joe Louis fight? Who listened to "Flash Gordon" or "Fibber McGee and Molly?" Make a list of the seniors' favorite radio programs.

5 Annually, on the first Saturday in October in Mattoon, Illinois, there is a chocolate festival. To ring long-forgotten memory bells of childhood, serve some steaming hot chocolate with miniature marshmallows and a cinnamon stick stirrer or piled high with whipped cream. For other ways to use food to stimulate and delight, see the tips on engaging the "seven" senses described on page 54.

6 Today is Physician Assistant Day. It is also the first day of National Health Care Food Service Week. So when you plan today's Sunday Social, why not invite your cooks, janitors, and other helpful staffers who keep your facility running smoothly? See the party ideas for celebrating the 60s with a Puerto Rican Fiesta on page 45.

7 Begin the celebration of the Letter "D" by putting up the bulletin board "Have a 'D'lightful Day" on page 51. Remember, you don't have to do all the work. Find a few willing seniors to help you. They will enjoy the challenge and enjoy the sense of pride from a job well done.

8 On this day in 1944, Ozzie and Harriet Nelson not only celebrated their ninth wedding anniversary, they also made their CBS Radio debut in "The Adventures of Ozzie and Harriet." In 1949 their two sons, David and Ricky, first appeared playing themselves on the show. The television show "The Adventures of Ozzie and Harriet" began in 1952 and ran until the end of the 1965-66 season after 435 episodes. Challenge your seniors with a bit of Ozzie and Harriet trivia with the "Questions of the Day" on page 59.

9 Since this is also National Nursing Home Resident Rights Week, this may be the perfect time to encourage seniors to voice their

opinions. Form small groups and choose a spokesperson and recorder for each group. Let the seniors have a chance to express their feelings about changes they would like to see made in the facility. And on a more positive note, have each group also add to its list the things that they especially like about your facility. Then assemble in one large group and have spokespersons share their group's ideas.

10 In honoring National Nursing Home Resident Rights Week, remember to schedule activities that will give your seniors a sense of power. A very special program called "Senior Power" was sent to us from Carol Medusky, Program Director of the Remington Club, at San Diego, California. To learn more about how Carol implemented a daily walking program that included personal letters of congratulations to seniors from President Clinton, turn to pages 37 and 38.

11 On October 11 and 12 is the America's Sexy Wives Con-

test at the Holiday Inn Pyramid, Albuquerque, New Mexico. Remember the 70s and those Oscar-winning sex symbols like Jane Fonda, Glenda Jackson, Lee Grant, Faye Dunaway, Diane Keaton, Sally Fields, and Meryl Streep? Today, at your "Groovin' with the Seventies" party, play some Jimi Hendrix, Jefferson Airplane, and Janis Joplin tunes. See additional party ideas on page 46.

12 Annually, October 12 is set aside as International Moment of Frustration Scream Day. At twelve hundred hours Greenwich time, all citizens of the world are invited to go outdoors and scream for thirty seconds. It sounds a bit drastic, but it might work. If you decide to indulge, take a photo of some of your screaming seniors and send them to us so we can see stress-relief in action! Editor, *A New Day*, P.O. Box 2532, Orcutt, CA 93457.

13 How is the weather in your part of the country? Along with the beautiful October leaves

and other delightful autumn scenes, comes the nip and bite of cold weather reminding us that winter is just around the corner. Animals everywhere have started migrating or are getting ready to go into hibernation. What do spiders and wasps do when it gets cold? Challenge someone to find out. Take a walk to see if anyone can spot a spider, wasp, ant, or other insect. Watch the sky for migrating birds. See if anyone can catch sight of a busy squirrel or woodchuck preparing for hibernation.

14 Although Columbus landed in the New World on October 12, 1492, the second Monday in October is celebrated as Columbus Day. Celebrate Columbus Day by reading about some distinguished "D" people. Thumbnail biographies and sketches are on pages 55 and 56.

15 Do you have a dominoes or dart tournament planned for this month? Either will be a great "D" activity and a good autumn pastime. See tips for set-

ting up a tournament on page 52.

16 Today is National Train Your Brain Day. Did you read about the new ways to use the Words of the Day and scrambled words to challenge your seniors? The lists of words found in each issue can be used as Questions of the Day, contests, and puzzles. See the easy-to-implement plans on pages 52 and 53.

17 Since Halloween is just around the corner, why not set up a costuming area in your facility. Folks can check out a hat to wear for the day or dress up to look crazy, zany, or glamorous. See "Crazy Costumes and Ghoulish Garb" on pages 49 and 50.

18 Today is the anniversary of the 1929 ruling that Canadian women were persons. Before the ruling, English common law prevailed: women were persons in matters of pains and penalties, but were not persons in matters of rights and privileges. You've come a long way, baby! Imagine, less than 70 years ago, Canadian

women had no legal rights or privileges! Observe a moment of silence at a mealtime today to recognize the importance of equal rights of men and women everywhere. Did any of your seniors, or their mothers or grandmothers, work for the passage of the 19th Amendment in 1920? (It prohibits discrimination on the basis of sex with regard to voting.)

19 Saturday is a good day for a fall color cruise. Fill the van with folks who long to feel crunching leaves underfoot. Drive to a nearby park or woods and enjoy the fall colors. Even if you live in a tropical or coastal region where leaves don't turn colors, autumn is still a great season to enjoy the beauty of nature. When you get there, let everyone collect a colorful leaf, speckled stone, pinecone or piece of bark for a souvenir. Later these can be placed in a basket to make an autumn centerpiece for the dining room.

20 In the 1980s, the environment and how to protect it was on everyone's mind.

To celebrate the "environmental decade," see the "Think Green! Workshops." Then eat an all green lunch at the Sunday Social described on page 47.

21 Today is the first day of National Pastoral Care Week. Encourage seniors to write thank-you notes to their pastors, priests, or rabbis. See the clip art for autumn note cards on page 61. Reproduce on autumn-colored paper and decorate with pens and glitter. Glue to brown, green, or yellow paper and fold. Make sure the notes of appreciation are sent.

22 Today is the anniversary of the Cuban Missile Crisis. In what decade was the Cuban Missile Crisis? Use some of the "Questions of the Day" on page 59. Each day put a question on a card and wear it like a button. Stimulate short-term memory work by reviewing questions and facts discussed earlier in the week or month. Remember, knowing the answer isn't as important as stimulating conversations and opening communications.

23 Happy Birthday to Nicolas Appert. Who is Nicolas Appert? He is the French chef, chemist, confectioner, inventor, and author who devised a system of heating foods and sealing them in airtight containers. He's the "father of canning." Learn other interesting facts about ways of preparing foods made famous in restaurants with the article "May I Have a Word with You?" on pages 41 and 42. See tips for having a special famous foods luncheon on page 42.

24 Do you have seniors who were born in Delaware? Lived in Delaware? Visited Delaware? Have relatives living in Delaware? Make paper badges that read: I was born (lived, vacationed, have relatives) in Delaware. Encourage seniors to wear one and find others wearing the same badge for a conversation. Then help everyone learn more about the tiny state with the word search puzzle on page 58.

25 Abracadabra—now you see it; now

you don't! The last week in October is National Magic Week. It's a time to promote brotherly love through magic performances. Throughout the country, magicians will perform at hospitals and nursing homes. Do you have a magician in residence? If not, call your local Magician's Society or high school to arrange for a magician to visit your facility this week.

26 This is the time of year when pumpkin patches are full of plump, ripe pumpkins. Make sure your group has the chance to see a pumpkin patch, carve a pumpkin, or taste some pumpkin pie this month. Pumpkins are inexpensive and available nearly everywhere. This close to Halloween you may even be able to get some free pumpkins. Ask a few willing seniors to telephone pumpkin farms, supermarkets, and local gardeners to solicit donations. If you can obtain an unusually large pumpkin, challenge everyone to guess the weight. Set it on a small table with a

note: "Guess the weight of this pumpkin and win a prize." Place a stack of paper slips, pencil, and a box to put guesses inside at the table. He/she who comes the closest to the actual weight might win a pumpkin pie, loaf of pumpkin bread, or a bag of roasted pumpkin seeds. Go pumpkins!

27 In 1993 the Grammy Award went to "A Whole New World," the theme from the movie *Aladdin*. For your 1990s Sunday Social, consider throwing an Arabian Night Party. Play the song "A Whole New World" and show the movie *Aladdin*. See additional ideas on page 48.

28 Charlie Daniels is 60 today. The country western musician, singer, and songwriter is famous for hits like "The Devil Went down to Georgia." Use some Charlie Daniels tunes or any country western favorites to move and groove. Form a rhythm band with washboards, spoons, sticks, tambourines, and kazoos. See additional ideas in the article "You Can't

Take the Country out of the Kid" on page 28.

29 October 29 is the anniversary of the 1929 "Stock Market Crash." On that day more than 16 million shares were dumped and billions of dollars were lost. After that day, our nation faced nearly a decade of depression. Many of your seniors were children or very young adults during the depression. Hold a group discussion. How old were you on October 29, 1929? Where were you when you first heard of the "Stock Market Crash?" Did anyone you know lose his/her job during the depression? What did your parents do during the depression?

30 On this day in 1964, Cassius Clay defeated Sonny Liston and became the heavyweight champion. To what did Cassius Clay later change his name? (Muhammed Ali) Challenge your seniors to tell you in which decade Cassius Clay was named heavyweight champ. (60s) Then "float like a butterfly, sting like a bee" with the ideas for getting strong on page 28.

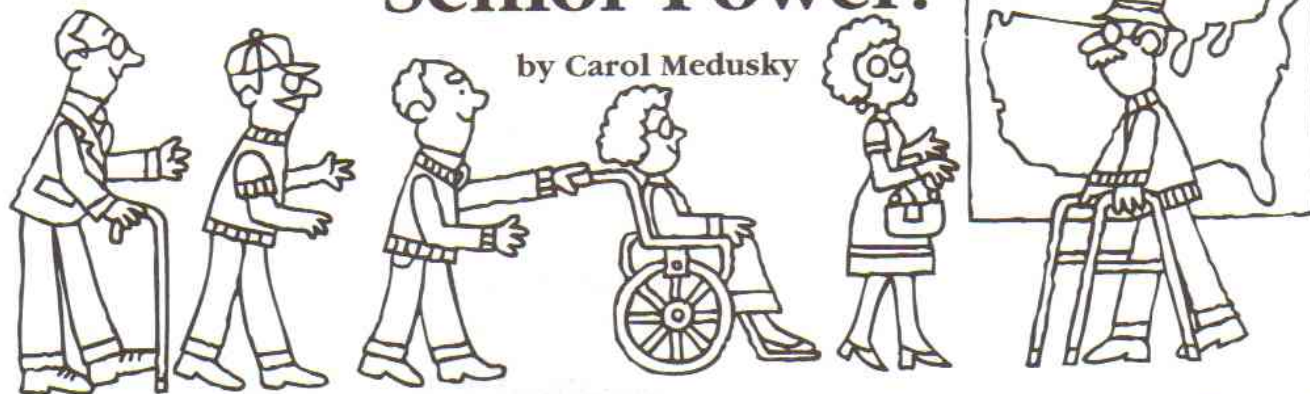
31 It's Halloween and time to beware of things that go "BOO!" in the night. If you have seniors who want to party tonight, see the ideas for instant costumes on pages 49 and 50. After dark, assemble to view each other's costumes. Treat your ghosts and ghouls to a sweet snack like donuts, popcorn balls, or frosted graham crackers. To quench the goblins' thirst, mix a brew of hot apple cider or serve steaming hot chocolate. Happy Halloween!



Review all videos for appropriateness before presenting to your group.

Senior Power!

by Carol Medusky



All of us value our independence and the ability to be able to do things by ourselves. This is particularly true for residents in nursing homes and patients in hospitals. Too often, by the time seniors reach our communities, they may have lost their homes, their spouses, their driver's licenses, or even some aspects of their health. We certainly don't want them to lose their ability to ambulate. It's just as important to encourage your seniors to walk on a daily basis as it is to attend an exercise class. Consider implementing some of these motivational ideas to get your seniors into a daily walking program:

- In skilled nursing communities, add supervised walks to your calendar. These can be done as you walk a senior to and from an activity. In our community we like to stop by each room of each ambulatory resident and invite him/her to walk with us to the activity. On the return trip we reverse our route so everyone gets a good workout. We also do wheelchair walks to different parts of our building or outside for sensory and mental stimulation.
- Dana McDonald, Activity Director at the Montebello in Albuquerque, New Mexico, calls her walking group Senior Power. She feels it promotes a sense of accomplishment and self-worth. Her independent living seniors get to wear Senior Power buttons when they've completed their first five miles, and get to buy monogrammed, Senior Power, zip-front sweatshirts (sold by the Activity Directors to benefit their department) when they've logged twenty-five miles on the charts kept in the exercise room.
- Map out a mile or half-mile walking course in your hallways or outside your building with rest stops where seniors may sit if they wish to do stretching or toning exercises that are explained on a permanent plaque mounted on the wall or a post in the grass.
- Have your seniors walk across the country or to a distant city by enlarging atlas maps of states and taping them together on the wall of your activity room. Pushpins with flags can identify each senior, and you can increase your actual walked miles ratio to the miles completed on the map to reach your goal sooner. For example, one mile actually walked equals twenty-five miles on the map. Have a great party when you reach your goal with hats and food celebrating that particular city or state. We awarded tee shirts that said, "I walked from San Diego to Washington D.C." I arranged with the Presidential Press Office for each resident to receive a personal letter of congratulations from President Clinton.
- Motivate seniors to walk with the reproducible list of reasons for walking and reward them with the certificate of achievement. (See page 38.)

Carol Medusky is the Program Director at The Remington Club, Rancho Bernardo, San Diego, California.

Reasons to Walk

- It will make you feel great and give you power and strength!
- It will help you let go of tension and stress.
- You don't have to pay a membership fee to walk.
- You don't have to read instructions and assemble anything.
- Walking is better than fiber.
- It lowers blood pressure and medical bills.
- Walking is inexpensive and fat free.
- You don't have to keep score.
- You can check out your neighbors' yards and houses without their being suspicious.
- When you walk, you can watch the sun rise or set.
- You can walk away from past mistakes and walk toward new goals.
- You can walk with God.



SENIOR POWER



This award is presented to _____

because you walked _____

Signature

Date

A Week of Extras

by Terry L. Delp

You're Special

Everyone enjoys special attention! At our nursing home, we have developed an easy way to recognize that extra special something in each of our seniors. Here is how it works.

1. Categorize the departments within your facility. For example: social services, nursing, house-keeping, dietary, activities, etc. See the icons for departmentalization on page 40.
2. Place the names of each resident into a hat.
3. A representative of each of the departments listed above will choose a resident's name from the hat.
4. Arrange for photos to be taken of each of the "chosen" seniors. (Polaroids™ are fine.)
5. Each week post the "chosen" seniors' photos along with their room numbers in the appropriate departments.
6. Post photo as stated above on or near a clever sign entitled something like this: "You're Special in September" or "You Are Audacious in October." During the week members of the department do special things for the "chosen" senior. You may even want to give the following ideas to the departments in a newsletter.

Extras

- Balloons are great for lifting spirits.
- Share a cup of coffee/tea and conversation.
- Read a short story together or take an Imagination Vacation.
- Take him/her for a walk.
- Surprise him/her with a flower, note, treat.
- Give a genuine compliment.
- Sit by your senior at lunch or dinner and share a conversation.
- Send the special person a greeting card.
- Share photographs of your families.
- Give him/her a manicure, back rub, or foot massage.
- Tell him/her your favorite joke or share a comical anecdote.

Any extras you can think of will be special for the seniors. Your staff may get to meet a senior with whom they would not normally interact. The survey team inspecting our nursing home loved this idea. It involves every department's improving and enhancing the quality of life for each of our seniors. No matter how you use this idea, you will cherish the feeling you receive every time you make someone feel special!

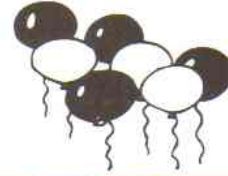
Terry, his wife Cindy, son Jordan and daughter Jennah live on Singer Island, Florida. The entire family enjoys performing in church and community theater. Terry is the Activity Director-Volunteer Coordinator at the Palm Beach County Home, Palm Beach County Health Care District.

Department Icons

HOUSEKEEPING



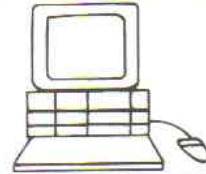
Activities



LAUNDRY



Central Records



Maintenance



Social Services



Nursing



DIETARY



OT/PT



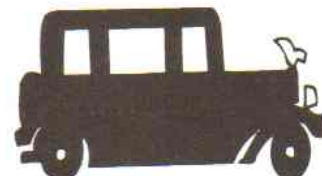
SWITCHBOARD



ADMINISTRATION



Drivers




Accounting



May I Have a Word with You?

Foods Named for Famous Chefs and Hotels

by Bert Minkin



Even if you have never dined at Alfredo di Lellio's Roman restaurant, you will probably still recognize the fettuccine dish created there. While honeymooning in Rome in 1920, Douglas Fairbanks and Mary Pickford dined at Alfredo's every day. Hollywood gossip columnists printed the recipe for the fettuccine in butter, cream, and Parmesan cheese sauce dish Alfredo created for the newlyweds and dubbed it *fettuccine Alfredo*.

Other famous dishes made their debut at hotel restaurants. For example, *Parker House rolls*, those puffy yeast rolls with creased centers, were first baked at the Parker House Hotel in Boston. Parker House pastry cooks were the first to put chocolate icing on Boston cream pies. The dessert with that delectable embellishment is called *Parker House chocolate pie*.

In 1896, Oscar Tschirky of the Waldorf-Astoria Hotel in New York published *The Cookbook by Oscar of the Waldorf*. The book included his original *Waldorf salad* recipe. "Peel two raw apples, cut into small pieces $\frac{1}{2}$ inch square, cut some celery the same way, and mix with the apple. Add a good mayonnaise."

An Italian-American who owned a Tijauna restaurant created the first *Caesar salad* in 1924. Romaine lettuce, garlic, olive oil, Worcestershire sauce, Parmesan cheese, croutons, and a coddled egg were the ingredients in the salad, created by Caesar Cardini. Cardini disdained the anchovies that appear in modern Caesar salads.

Arnold Reuben, owner of New York's Stage Deli,

created the mouth-watering combination of corned beef, sauerkraut, and Russian dressing on rye bread that we call the *Reuben sandwich*. Arnold's menu featured many sandwiches named after such show biz celebrities as Sophie Tucker.

Club sandwiches are usually made with three slices of toast separated by fillings of lettuce, mayonnaise, cooked chicken breast, tomato slices, and a garnish. It was created by the chef at Richard Canfield's Saratoga Club in Saratoga, New York. Canfield purchased the club in 1894 and turned it into a gambling casino. The card game Canfield Solitaire originated in its gambling room.

Nearly forty years before the first club sandwiches were created in Saratoga, New York, hotel chef George Crum of the Moon's Lake Lodge created the first potato chips in 1853. One evening Crum deep-fried potatoes sliced as thin as possible to please a particularly demanding diner. Crum's crisp creations were originally dubbed *Saratoga chips*.

Harlan Sanders, a Corbin, Kentucky, gas station owner, started selling his pressure-cooked chicken called *Kentucky Fried Chicken* to hungry travelers in the 1930s. Sanders eventually opened a full-sized restaurant and motel and became so successful that Kentucky's governor dubbed him an honorary Kentucky Colonel. In the early 1950s the building of a new freeway forced Sanders to close his motel and restaurant and hit the road to franchise his unique chicken recipe to small eateries. All of his franchise agreements were oral contracts sealed with handshakes. And that was the beginning of the fast food empire that still "does chicken right."



In 1874 a bartender at the Manhattan Club in New York created the *Manhattan*. The blend of bourbon with sweet vermouth and bitters was created for a banquet given by Sir Winston Churchill's mother, Jennie.

In closing, just remember, customers of any club or restaurant who act as if they've consumed too many Manhattans might get *86ed*. This term was first coined at Chumley's Restaurant in Manhattan when unruly patrons were firmly escorted through the rear door that opened onto 86th Street.

Discussion Questions:

1. Have you ever tasted fettuccine Alfredo? Did you ever cook fettuccine with a creamy Parmesan cheese sauce?
2. Have you ever tasted Waldorf salad? Did you make it for holidays? Did yours have walnuts in addition to the celery and apples?
3. Do you like potato chips? What do you think of Caesar salad? Do you like yours with or without anchovies?
4. Do you like Reuben and club sandwiches? Which one do you like better? What makes a Reuben sandwich different from a club sandwich? (Reubens are made on rye; club sandwiches are made on toast. Reuben sandwiches are corned beef and sauerkraut; club sandwiches have lettuce, chicken breast, and tomato slices.) What kind of dressing is used on a Reuben? (Russian) Club? (mayonnaise)
5. Have you ever tasted Kentucky Fried Chicken? Do you like crispy or original recipe better? Do

you like fried chicken? On what occasions did you eat fried chicken as a child? Adult?

6. What foods can you think of that are named after chefs or restaurants?

Follow-Up:

It would be really delightful to follow up this discussion with a tasty luncheon of fettuccine Alfredo, Parker House rolls, and Waldorf salad. What about Caesar salad with KFC or Reuben and club sandwiches served with Saratoga chips? Any combination of two or three of the foods mentioned in the article will make the discussion a delightful taste treat as well as an informative talk. Dessert? Parker House chocolate pie, of course!



Bert Minkin entertains his audiences of seniors and children with songs, stories, and treasured tidbits of history in his home state of Missouri.

Poetry Contest

Porches

Last spring in the March /April issue of *A New Day*, I challenged seniors to submit poetry about porches. Much to my delight, I received many submissions—more than I have room to share with my readers. But here is a peek at just a few of the outstanding poems written by our talented seniors. A big thank-you to all of the activity directors who took time to send us poetry. They were all terrific! In an upcoming issue, watch for a porch story by Virginia Strong, a resident of Stonehedge Nursing Home.

A Porch for My Roses

While Henri loaded their cart,
His wife, Isabelle, on her knees,
Dug around the roots
Of her pink roses.

"Henri you promised to build
A porch for my roses."

"Yes. Yes. Hurry up, Isabelle,
The sailing ship won't wait."

On board the sailing ship
Isabelle guarded her
Carefully wrapped rose slips
For a safe trip across the ocean.

In the Forest
Henri built their house and farm
Beside a big river.

The river banks lined with willows
Were covered with golden blossoms
Every Spring.

Henri's farm flourished.
Isabelle planted the rose slips.
As the rose vines grew,
She trained them to climb
On a willow trellis over the porch.

Each spring and summer
Brought an extravaganza
Of singing birds and
Flowering trees
To Henri and Isabelle's farm.

Among the wild splendor
Isabelle's porch, covered
With her rare pink roses,
Added the gentle elegance
Of French perfume to their home.

As the petals dried
Isabelle put them in potpourri jars
Lids off in the winter
The Fragrance brought summer's
Gentle elegance inside.

Years later
The farm was sold.
Tall weeds took possession
Of the yard and porch.

The porch roof and steps
Sagged, while Isabelle's
Roses bravely blossomed.

One day a car drove by.
"Stop," a woman's voice called.
"There are pink roses
On that porch."

Her husband stopped the car.
While he dug up the roots,
His wife filled her arms
With pink roses and the
Fragrance of French perfume.

"These could win a prize
In our garden show.
They'll be beautiful
On our porch."

by Helen Carroll
Age 81

Matthews Memorial Nursing Home

Let's Remember Porches

*I like a porch with a swing
And a rocking chair.
I like to sit on the porch early
In the morning while the dew
Is still on the flowers and watch
Bees go from flower to flower
In search of nectar.*

*At dusk, I like to sit on the
Porch and listen to the birds
Peep, peep, peep,
As they prepare to go to sleep.
Watch the fireflies flash their little lights
On and off like miniature fireworks.*

*Porches—find an easy chair,
Take a nap, or just daydream.*

by Ethel "Granny" Gibbs
Age 90
Briarcliff Health Care Center

Porches

*We see the ragman.
We hear him calling, "Rags and old iron!"
We smell the trees, flowers, and bushes.
We taste lemonade and fresh cookies.
We feel the warm breezes.*

by the Alpine Terrace Residents



Porch Sittin' Weather

*I love this time of year
When good friends get together
To sing the songs we love to hear
When it's porch sittin' weather.*

*Our voices ring out so loud and clear
And people start to gather
To join us in the songs so dear
When it's porch sittin' weather.*

by Bessie Gearhart
Resident of Horizon Village

The Front Porch

*When I was a young girl happy at play
We had our front porch.
We used to gather there with family and friends
At the end of a busy day.*

*I remember we'd gather round
And we'd listen to the old folks
Tell the stories of days of old.
We'd light the old smudge fire; smoke filled the air
To kill the mosquitoes floating there.*

*Mom would serve the Kool-Aid™ and cookies,
Grandma and her lady friends would sit
In the old porch swing,
It would squeak every time it moved.*

*Sometimes late at night when the others went inside
And some went their homeward way,
The young people in love would hold hands,
Steal a kiss and look at the stars above
While sitting in the swing.*

*Yes, the folks today don't know
What they're missing
By not having a front porch and a
squeaking swing.*

by Dollie Eversoll
Big Meadows Nursing Home

October Sunday Socials



by Susan Julio



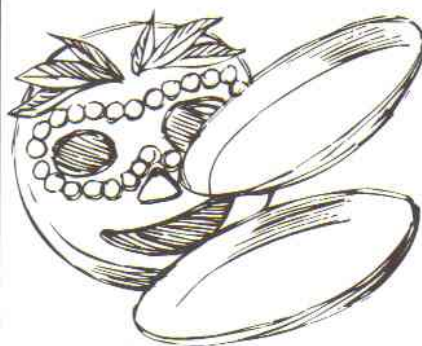
Puerto Rican Fiesta

Celebrate the Isla del Encanto (Island of Enchantment) with a Latino fiesta! Decorate with brightly colored balloons and streamers. Play lots of salsa music (a blend of Latin and Afro-Caribbean music with a Big Band beat). Visit your library for a selection. For refreshments, serve heaping bowls of Arroz Con Pollo (chicken and rice) and icy cold fruit drinks. Agradable!



Fiesta Mask Icebreaker

Masks are a must for Puerto Rican fiestas and carnivals. Set up tables beforehand with lots of supplies. Include paper plates for the masks and feathers, markers, tweezers, glitter glue, paper cutouts, stickers, gummed stars, etc., to decorate the masks. Have seniors work in groups to create their own special party masks. Save the masks to decorate rooms until Halloween.

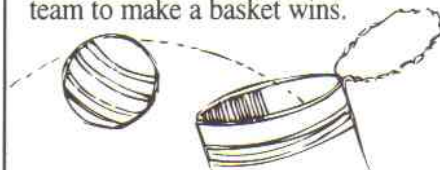


Coqui Toss

The coqui is a small green frog known for its "singing" in the evening hours. For this toss game, begin by enlarging the lily pad pattern on page 63. Cut out five large lily pad shapes from green paper. Use a black marker to write a score (20, 40, 60, 80, or 100) on each pad. Tape pads to the floor in order of lowest points to highest. At the party have players take turns tossing a "coqui" (a green beanbag or small stuffed frog) onto the pads. The player with the most points at the end of several rounds is declared the winner.

Baloncesto Relay

One of Puerto Rico's favorite sports is baloncesto. It is also known as basketball. For this fun relay game, divide players into two teams and seat teams in rows. Give line leaders a basketball and put an empty trash can at the end of each line. At the signal, players pass the ball down the line and the last player "dunks" the ball in the can. The first team to make a basket wins.



Arroz Con Pollo

- 6 pounds broiler chicken (cut in small pieces)
- 2 teaspoons salt
- 4 tablespoons peanut oil
- 3 cups rice
- 1 cup chopped onion
- 2 cloves garlic, minced
- 6 cups water
- 1 15-ounce can of tomatoes (chopped)
- 2 cubes chicken bullion
- 1/2 thread saffron (crushed)
- 1/2 teaspoon pepper
- 2 cups frozen peas
- 4 ounces pimiento (drained and chopped)

Directions: Sprinkle chicken with salt and sauté in hot oil in large, deep frying pan until browned. Remove chicken from skillet and add rice, onion, and garlic. Cook until onion is tender. Add water, tomatoes, bullion, saffron, and pepper. Stirring well, bring to a boil. Place chicken on top of rice. Cover and simmer 30 minutes. Stir in peas and pimiento, cover and cook on medium-low an additional 5 minutes.



Groovin' with the Seventies

What's happening? Plenty in the 1970s. Create an early 1970s look with posters of peace signs or psychedelic pictures. Burn some incense and play the music of Jimi Hendrix, Jefferson Airplane, and Janis Joplin. For refreshments, try serving Tie-Dye Cookies and soft drinks. For extra fun and a real 1970s touch, tie strips of cloth or bandannas around guests' foreheads. Don't forget the lava light.

Slang Icebreaker

The 1970s had a language all of its own. Help your seniors "get with it" with this mixer. Divide adhesive-backed name tags into two piles—words and definitions. Write one of the following slang words on a tag in one pile and the definition on one in the other pile. Do the same with the rest of the words and definitions. If needed, you may use a term and definition more than once to make enough tags for your group. When guests arrive, assign each a tag. Have those with a slang word tag find the person wearing the correct definition. When pairs are complete, share words and meanings with the group.

rap—to talk
bread—money
uptight—worried
old lady—girlfriend
outta sight—great
suits—men in authority
pad—living quarters
crash—to sleep

rip-off—stealing
split—to leave

Grammy Award Winners

How many of the names of 70s Grammy Award-winning musicians can your seniors name? Give each a piece of paper numbered 1-10 and a pencil, or call out the questions and let players answer verbally. If this game might prove too difficult for your group, write the answers in random order on a large sheet of paper and post it on the wall so that players can choose names from the list. Play some of these tunes at your party.

Grammy Award Winners Trivia Questions:

1. In 1970 who won a Grammy Award for "Bridge Over Troubled Water"? (Simon & Garfunkel)
2. In 1971 who won a Grammy Award for "It's Too Late"? (Carole King)
3. Who won a Grammy Award for "The First Time Ever I Saw Your Face" in 1972 and another Grammy Award in 1973 for "Killing Me Softly with His Song"? (Roberta Flack)
4. In 1974 who won a Grammy Award for "I Honestly Love You"? (Olivia Newton-John)
5. In 1975 who won a Grammy Award for "Love Will Keep Us Together"? (Captain & Tenille)
6. In 1976 who won a Grammy Award for "This Masquerade"? (George Benson)

7. In 1977 who won a Grammy Award for "Hotel California" (Eagles)
8. In 1978 who won a Grammy Award for "Just the Way You Are"? (Billy Joel)

Love Beads Relay

Love beads were popular pieces of jewelry in the 70s. For this relay, purchase large wooden beads from a craft store. You will also need two 24-inch shoelaces. String each shoelace with a large bead. Tie a bead to the end of the shoelaces to prevent the other beads from falling off. At the party divide players into two teams and seat teams in circles. Provide each player with a bead and each team captain with a shoelace. At the signal have a player thread a bead on the string and pass the shoelace to the next player who threads it with a bead. The first team to string all of their beads wins.

Tie-Dye Cookies

1/2 cup butter
1 cup sugar
1 egg
1 teaspoon vanilla
2 1/2 cups flour
1/2 teaspoon salt
3 teaspoons baking powder
food coloring



Directions: Beat butter until soft. Add sugar, egg, and vanilla. Sift together flour, salt, and baking powder. Add to creamed mixture. Refrigerate dough for 1 hour. Add several drops of different colored food coloring. Knead dough to streak but not completely color. Form dough into a 3-inch diameter roll and wrap with foil or waxed paper. Freeze overnight. Slice roll into 1/2-inch pieces and bake on a greased cookie sheet at 400° for 8 to 10 minutes. Makes approximately 3 dozen.



Think Green! Workshops

In the 1980s the environment and how to protect it was big news. The key words were reuse, recycle, reduce, and rethink! Help your seniors learn about the different environmental issues with an awareness workshop to celebrate the 1980s. Begin by setting up several work stations. Each station should consist of tables and chairs. Ask a staff member or volunteer to lead each station. When seniors arrive, arrange them into groups of five or six and assign each group a beginning station. At the end of 15 minutes, have groups rotate to new stations. Continue rotating groups until each has had a chance to visit all the stations. Then serve split pea soup, lettuce roll-ups and pistachio cake.

Reuse it—Stained-Glass Containers

As the population of the world increases, so does the amount of garbage produced. Did you know that most plastic items do not decompose—not even if buried in a landfill? Next time, instead of just tossing something away, think about different ways of using it.

Materials: old plastic jars, tissue paper, small bowls, white glue, water, paint brushes

Directions: In each small bowl, mix two parts glue to one part water. Allow each senior to select a jar or box. Demonstrate how to tear and glue small pieces of tissue paper to the outside of the containers for a stained-glass effect.

Recycle It—Sorting Stations

Did you know that one ton of recycled newspaper can save about twenty trees? Recycling creates new paper and glass and can turn used car tires into shoe soles. Your seniors can help your facility practice recycling by creating sorting stations.

Materials: one or more large, heavy grocery bags for each senior and markers

Directions: Distribute bags and markers to your seniors. Fold the top of the bag over on the outside to make a stronger rim. This will also make the bag stay open. Fold a newspaper section to fit the inside bottom of the bag. When in place, this will make the bag a much sturdier container. Instruct seniors to write one of the following words on each bag: Glass, Newspaper, or Aluminum. Have seniors decorate the bags to be used in each room of your facility.

Rethink It—Endangered Species

Statistics say that almost 90 percent of all animal and plant species have now disappeared from the earth. While nature creates one kind of extinction, human beings are doing their share to destroy many living creatures. More disappear every day.

Materials: books discussing endangered animals from the library or an almanac containing a list of endangered species

Directions: Share the endangered animal books or names of endangered species with each group. For a complete list of threatened and endangered species, write to Publications Unit, U.S. Fish and Wildlife Service (110 WEBB), Washington, DC 20240.

Reduce It—Group Discussion

Discuss different types of pollution such as land, water, air, and noise. Library books might be very useful here. Have seniors come up with ways that they can reduce pollution. List suggestions on a large chart and post it in your facility. Put some of their ideas into practice. For example: You might want to set up a silent area where folks may go if they want to be isolated from noise pollution.

An All-Green Lunch

Lettuce Roll-ups

Directions: Spread iceberg lettuce leaves with peanut butter or cream cheese, chopped green olives, or pimientos added. Roll up and secure with a toothpick.

Pistachio Cream Cake

Directions: Tint a white cake mix with green food coloring. Bake. Ice with pistachio cream frosting. To make icing, prepare a small box of pistachio pudding. Mix the pudding with 2 cups of Cool Whip™.



An Arabian Night

To celebrate the 1993 Grammy Award-winning song "A Whole New World," take your seniors on an exotic trip with an Arabian Night party. Visit your local library for a selection of Middle Eastern music to play in the background. Begin by fastening sheets or blankets to the doorways and walls to give the

impression of a tent. Include lots of throw pillows, scented candles, and a "flying carpet" (a small rug suspended from the ceiling from each corner with string). For extra fun, dress in sheets and create turbans and veils from scarves. Treat guests to traditional Arab cuisine like lamb, Arab flat bread, and

warm, spicy tea. You may be able to locate a professional belly dancer to provide entertainment. Check your local phone book for dance schools. If not, find someone like a staffer who is willing to entertain with a make-believe version of the dance.

Magic Lamp Icebreaker

To play this memory game, find something that can be used for a magic lamp. Any small metal serving dish like a gravy boat will work. Seat players in a circle. Hand Player One the "magic lamp" and ask him/her to make a wish for one

thing. The wishes might be something that begins with the first letter of the wisher's name. Examples: "My name is Charlie, and I wish I could eat chocolate chip cookies every night this week." "My name is Sarah, and I wish I had some silver slippers." The lamp is passed around the circle as players repeat each previous player's wish and adds his/her own wish. If this would be too difficult for your group, simply have each make his/her own personal wish.

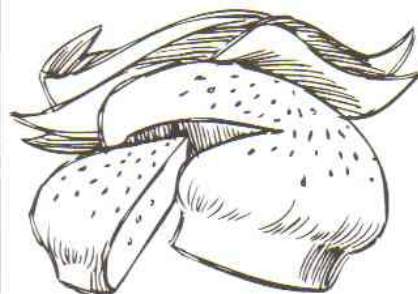
Sultan Says

For this version of Simon Says, players remain seated in a circle. The Sultan (wearing a turban of course) begins by commanding players to perform a certain Arabic action like rubbing a magic lamp, riding a magic carpet, fighting with a sword, etc. Only actions that are preceded by the words *Sultan Says* are to be performed. Let everyone take turns wearing the turban and giving the commands.

Dance of the Seven Veils

For some fun with creative movement, provide seniors with lightweight scarves. Play music and invite everyone to move his/her scarf in time with the melodies. This can be done standing or sitting. Dim the lights and light some candles, or better yet, use a strobe light. You can buy strobe lights at Radio Shack™ or other stores that specialize

in electronic equipment. A strobe light can turn an evening party into a delightful disco. Flickering lights make colorful scarves something beautiful and magical. If you use a strobe light, make sure that seniors are sitting while moving their scarves. Flashing lights can alter coordination.



Arab Flag Bread

- 1 package of dry yeast
- 1 cup of warm water (approximately 105°)
- 3 cups sifted flour, divided in half
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 tablespoon shortening
- 1 tablespoon milk
- 1/2 cup sesame seeds

Directions: In a large bowl, mix together a package of dry yeast and warm water. Beat in half of flour, sugar, salt, and shortening. Knead in remaining 1½ cups flour. Place in a greased bowl and cover with a damp cloth. Allow to rise 45 minutes. Punch down and divide in two. Flatten dough balls and place in two greased 8-inch round cake pans. Brush on milk and sprinkle with sesame seeds. Allow to rise again until doubled in size. Bake at 425° for 20 minutes. Cut in pie-shaped wedges. Serve warm. This recipe makes two loaves.

Crazy Costumes and Ghoulish Garb

by Kathy Darling

Crazy Costumes

These days children often buy or sew elaborate costumes for Halloween, but most adults remember that their favorite costumes came right out of mom's neglected corner of the closet or grandma's attic. Here are some ideas for crazy, zany, or just plain silly costumes.

Prepare Ahead: Collect as many costume materials as possible. Set them out in a designated dressing area. If available, put a couple of full-length mirrors in the area and some hand mirrors for viewing finer details such as makeup and jewelry.

Materials: Following is a list of several costume accouterments that can make any outfit zany enough for the most experienced artist of masquerade. These may be found very inexpensively at garage sales, rummage sales, local Goodwill and Thrift shops. Mention that you are collecting materials for local seniors, and you may even be given a discount. Alert the staff to clean out their closets and contribute to the center.

Clothing: Look for large, oversized items that can be slipped on and off easily such as housecoats or blouses in loud floral prints, capes, overcoats and sports coats, dresses, and overalls. All of the clothing items should button, snap, or tie in the front. Colorful cloth cut in yard-long lengths is great for wrapping around the upper body to make costumes.

Jewelry: Look for long beaded necklaces, large clip-on earrings, and tons of ban-

gles—the cheaper and gaudier the better. Cardboard crowns and tiaras decorated with glitter are easy to make and will make the wearers feel royal.

Other Accessories: Include wraparound items such as scarves, bandannas, shawls, or boas. Hats such as baseball caps, straw, cowboy, sporting, women's decorated hats, or men's felt hats. If you can collect a few old-fashioned women's hats with feathers, flowers, or ribbons, all the better! Don't forget to include accessories such as toy guns (gangster or cowboy), fishing poles, sports equipment, old rakes (farmer), etc. If you walk through your garage or attic, you will probably be able to collect a lot of what you need right at home. Let the staff know what you need, and soon your costuming area will be loaded with goodies.

Makeup and Facial Accessories: Craft-type face paints made especially for Halloween are great, as are eye shadow and rouge. Some cosmetic companies offer samples of mini tubes of lipstick that can be used by one person and then discarded. Don't forget to pick up old eyeglasses, big crazy sunglasses, and wigs.

The staff can encourage everyone to mix and match the clothing and accessories by wearing something from the center themselves. When a small group has made themselves up, lead a parade through the halls so that everyone can enjoy the fun. You might even take a poll for the craziest, most unique, most beautiful, etc. Take photographs of everyone and post them on the bulletin board in the activity room. On Halloween make sure everyone wears something zany for the day, even it is just a pair of sunglasses or a crown.



Ghoulish Garb

Some seniors may prefer scary costumes or gory, ghoulish getups. There are lots of inexpensive ways to get this effect, and the results can sometimes be quite frightening.

Prepare Ahead: Collect the costume materials and set them out in a separate dressing area with full-length mirrors and hand mirrors. If you are including ghoulish garb, warn those working on the project that the faint of heart should prepare themselves for how their friends may be transformed. Keep in mind that it won't be an activity popular with all and should be confined to one room. Ghouls should not be encouraged to roam the halls of your facility where they might frighten others.

Materials: Flowing, translucent material or scarves make the best costumes for ghouls. You might want to contact the makeup department of a local college to see if a volunteer will come to your facility to demonstrate making up a ghouls face.

Clothing: The effect of the clothing is more important than the actual item itself. Having lots of black items to choose from is a must, as well as long, flowing, or lightweight fabrics (such as old sheets or curtains) that can be easily draped and pinned to create scary or dreamy effects.

Accessories: You may choose to include ropes, chains, rubber knives, hats, etc.

Yucky Stuff: Plastic spiders, snakes, rodents, and other yucky stuff can often be found inexpensively at dime stores or in the old toys area of thrift stores. They are great when pinned on the shoulder or in the wig.

Spider Webs: The popular packages of white spider web materials (finely shredded cotton material) is inexpensive and can be draped over a shirt or blouse.

Makeup: Most ghouls I know prefer white, black, red, or green for their face makeup. Drawing on a jagged scar or using a lot of green eye shadow all around the eyes can work wonders to create a scary face.

Crazy Characters

Elegant Ladies of the Evening: Silky scarves wrapped around upper body, boas, and gobs of jewelry

Scotland Yard Detective: An old tweed sport coat, pipe, and magnifying glass

Tropical Tourist: Loud shirt, muu-muu, strawhat, old camera, paper leis

Haughty Waiter: Black sport coat, white shirt, white dishrag, tray

Cowboy or Cowgirl: Checked shirt, vest, cowboy hat, toy gun

Indian Princess: Fringed gunnysack

Ghost: Translucent white scarf over head

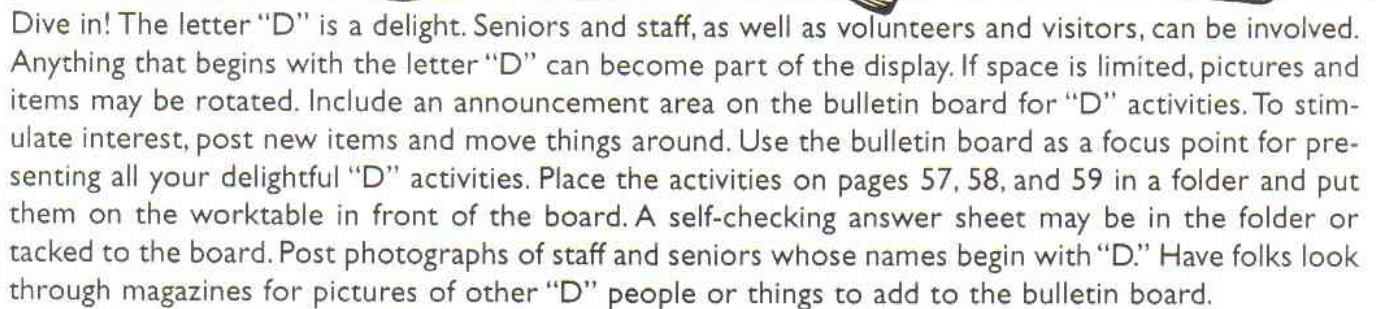
Vampire: Black cape, jagged teeth

Villain: Black shirt, painted mustache

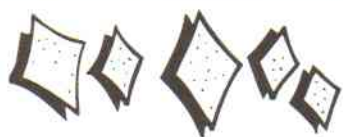
Twenties Flapper: Beads and headband

Thirties Gangster: Pinstriped suit jacket, painted mustache, toy gun

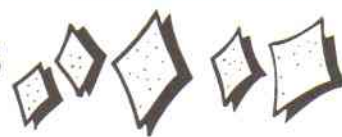
by Cindy Iutzi



Display some “D” foods, and daily place a different “D” food to sample. A bowl of dates and mixed dried fruits, devil’s food cake, dill pickles, divinity, Doritos™ and dip, or doughnuts will make this center a popular place to meet. Everyone interested may add something that starts with this unit’s letter such as devotions, doilies, decanters, decoys. Games like darts (Velcro™) and dominoes might be found at the display too. Pictures or figurines of animals like dogs, deer, ducks, dragons, dinosaurs, and dolphins will add immensely to your decorative display.



“D” Days are Dillies



Just Desserts Dance

Throw a Just Desserts Dance on a Friday or Saturday evening. The dance can be open to staff, seniors, family, and friends. Serve cake, ice cream, and coffee. Provide music with a tape or CD player. Ask two people to be the DJs for the evening, or organize your group into several DJ committees. They may choose the type of music they prefer and play it during their turn with the CD player. Ask guests to bring tapes or CDs of their favorite music.

Diamond Decorations

Decorating for this event will provide hours of creative activities for participants. Door, ballroom, and table decorations can be made in advance. Doilies, crepe paper, construction paper, glitter, small paper sacks, glue, crayons, magic markers may be used in the decorations. Along with crepe paper streamers, diamond shapes covered with glue and glitter may be taped to doors and walls. Decorate wheelchairs and walkers with crepe paper and diamonds. Draw five or six diamond shapes on both sides of white paper plates for people to color with magic markers. Hang from the ceiling using yarn, thread, or fishing line. Paste doilies and glittering diamonds on small paper sacks filled with bright tissue paper sprinkled with glitter for the table centerpieces.

Just Dessert

If your facility does not lend itself to dances, plan a snack each day or once a week that is “Just Dessert.” Offer a choice of two desserts and a fruit for folks on special diets. Whether or not a dance is held, the bright diamond decorations may be made and used throughout the month.

Dominoes and Dart Tournaments

A domino or dart tournament may also be held while decorations are still fresh. If you are organizing a domino tournament, provide a set of dominoes for each group of four to six people. Have the winners of each table play against each other until you have a champion. If playing darts, decide what kind of darts will work best with your group. Velcro™ dart games are available at toy stores and hobby shops. Award the champions of the tournaments with diamond-shaped awards.

Words of the Day

There are many ways to use the Words of the Day. Here are the tried-and-true plus some new ways.

- On one side of a white piece of paper, print the word of the day. On the reverse side of the paper, print the definition. Display the word on the bulletin board one day. The next day, turn the paper and the meaning will be known to all.
- Write the Word of the Day on a diamond-shaped piece of paper and wear it as a badge. Ask seniors if they can read the word. See if any volunteer a definition.
- At breakfast, announce the Word of the Day. Challenge seniors to check a dictionary or talk to a friend who knows the definition during the day. At dinner share the definition.
- List six of the words on the left side of a sheet of paper. On the right, randomly put the definitions of the six words. Reproduce the puzzle page and let seniors draw a line to match the words and definitions.

damask
dastardly
demijohn
derring-do
derringer
descendent

debonair
decathlon
deciduous
divot
dollop
donnybrook

doodad
détente
diaphanous
dilettante
dingbat
discombobulate

double entendre
dulcet
dungaree
dynasty
dynamic
doughboy

dibble
dewclaw
docile
demagogue
decadent
daub

Disney Day

Disney Day will provide you with an easy but fun way to put sparkle in everyone's eyes. Designate at least one day each week as Disney Day. Have the staff pin on construction paper Mickey Mouse or Minnie Mouse ears. If staff members have Disney character T-shirts or sweatshirts, Disney Day is the time to wear them to work. Rent Disney movies and show one or two on each Disney Day. Serve popcorn, apple slices, and any kind of easy munchies. There are many Disney cartoons and many other films made with live actors. Show one of each, or take requests.

Drawing Day

Are there any artistic seniors in your group? Even if you don't have a Norman Rockwell, this exercise is sure to provide lots of laughs, many groans, and an opportunity for everyone to work hard together. Borrow beginning drawing books from the library. Provide several sheets of white paper and crayons (large or small diameter depending on the amount of arthritis in each person's hands and the degree of flexibility). Select a drawing with which you feel comfortable, and lead the group in a step-by-step creation. Pass around copies of the picture being drawn, especially if your talents are suspect. If you want to demonstrate the steps for drawing a particular picture, tape a large, white piece of paper to the wall. Use heavy, black lines (magic marker is brightest) so that everyone can see it. Finished drawings should be signed by the artists and displayed on a wall with your effort in the middle of the grouping.

Discover Dogs Day

Discover Dogs Day will provide an opportunity for everyone to meet and pet a dog. Many areas have canine clubs. Try to arrange for several dog owners to bring their pets to your facility. A selection of several breeds, including mixed breeds, would be the most interesting for viewers. The dogs **must** like people. Ask each person to talk a little bit about his/her dog's breed and show the dog's training. For all that wish to participate, a time to pet the dogs might be scheduled afterwards. Some people are afraid of dogs, so don't expect everyone to be enthusiastic about staying to pet the animals.

Scrambled "D" Words

You can use scrambled words to challenge your seniors in many different ways. Here are just a few.

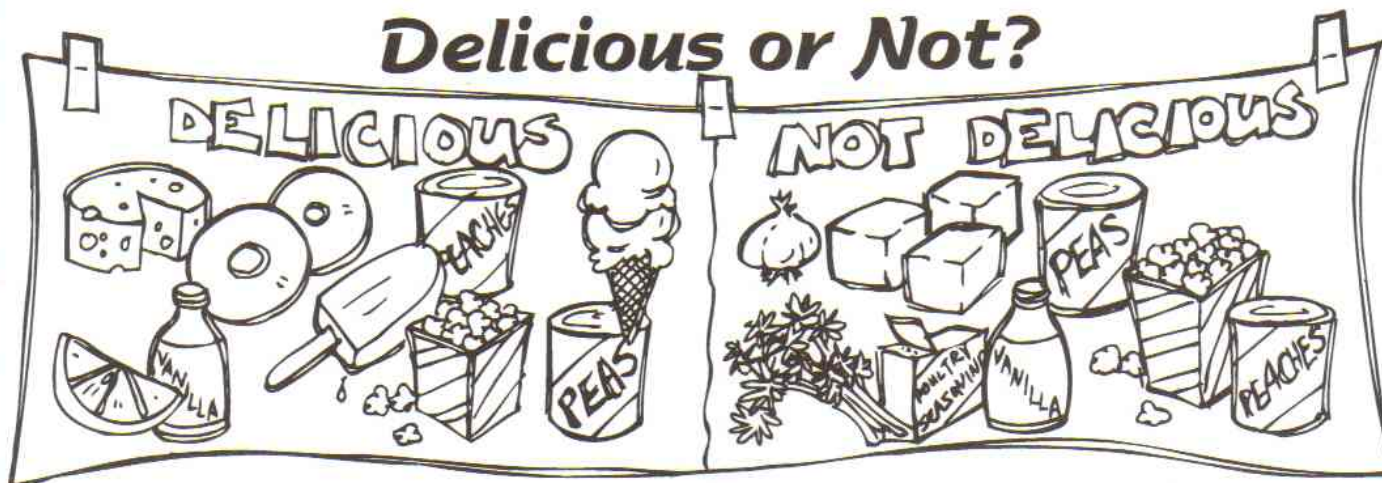
- Each day write a scrambled "D" word on a diamond shape cut from construction paper and attach it to the bulletin board. Change the scrambled "D" word every few days.
- Wear a scrambled "D" word on a diamond-shaped paper badge. Encourage seniors to unscramble the word of the day.
- Display a scrambled word on a large sheet of paper at lunch. See how many can unscramble it before they finish their meal. As everyone is leaving, someone might stand at the door and reward correct answers with a dinner mint.
- List six scrambled words on a sheet of paper. Reproduce it and give it to interested seniors. See who can unscramble the words in 30 minutes or less.
- Each morning, put a scrambled word on your bedridden seniors' breakfast tray. See who can unscramble the word and write the answer on the paper before the trays are picked up. Encourage players to put their names on the papers so that those who unscramble the most words during the month can be awarded prizes or award certificates. Announce the names of the champions.

| | | | | |
|--------|--------|---------|--------|----------|
| fydfa | seelid | rede | lodl | edy |
| acedl | uuogdt | nitayd | zizyd | caned |
| vidler | ottid | xdulee | vode | cedk |
| frdat | pamrde | pede | arognd | ttdsien |
| yutd | leappd | tdri | pamd | ndra |
| ckod | oceedd | madidon | tityd | gnduutoh |

Distinguished "D" People

Duplicate enough copies of page 55 so that each senior has his/her own copy. Share the thumbnail sketches (page 56), one clue at a time. Players are to guess the identity of the famous celebrities.

Delicious or Not?



"Delicious or Not" engages seven senses: taste, smell, feel, sight, hearing, intuition (instinct), and the "sense" of adventure! On a paper taped to the wall, write two headings: Delicious and Not Delicious. Try to categorize everything the group experiments with or talks about as either delicious or not delicious. Some entries may appear in both columns. This activity should be scheduled for several sessions. It is an eating activity and may be perfect as a daily snack adventure.

Tasting and smelling special foods can conjure up old memories and feelings or perk up a flagging appetite. The local grocery store and deli are the places to find some strong-smelling cheeses to share with the group. Mash a garlic clove; open and pass around a bottle of vanilla flavoring and a container of poultry seasoning for smelling. Serve small chunks of plain tofu, pieces of cinnamon rolls and soda crackers with cheeses. After everyone has had a chance to smell and taste, discuss the different aromas and flavors. Dr. Pepper™ might be a good way to end this smelling and tasting adventure.

Differences in texture can affect how appetizing a food seems. Ask participants whether the feeling of cod liver oil on the tongue is delicious or not? How about the feeling of large pearl tapioca pudding, or the grit in a hot dog? Raw clams and oysters? Horseradish? Canned peas? Canned peaches? Jell-o™? Cottage cheese? Ask for other examples of textures found in particular foods. Don't pass around raw shellfish, but any of the other items will be good for tasting. A great way to finish this portion of the activity is with an upbeat "D" snack of doughnuts, Ding Dongs™ or devil's food cake.

The way a food looks (green meat) can be a warning sign that says "Don't eat!" or an encouragement to eat. A little imagination with colorful vegetables and garnishes can turn a drab piece of meat into an attractive meal. Parsley, spiced apple rings, cranberry sauce, or orange slices are often used to brighten a dish. Pass a few samples of each garnish around for admiring or tasting. Delicious or not? Ask participants for any other garnishes they have encountered. At the end of the activity session, serve date bread (bakery or deli) with Darjeeling tea.

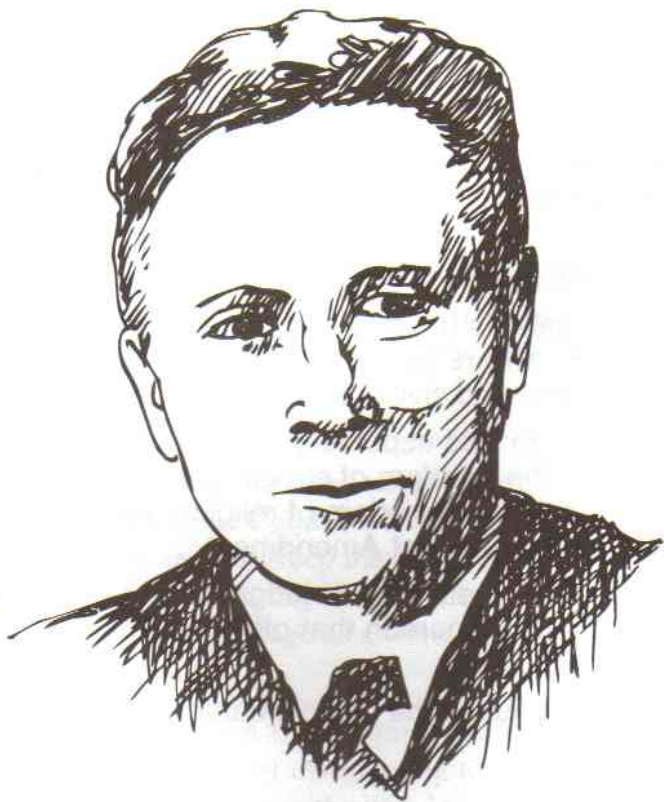
Unless it's a cereal that goes snap, crackle, pop or meat that sizzles or popcorn that pops, most of us want our food to be still. Ask about the different sounds that foods make and whether the sound of slurping soup, crunching celery, or licking an ice cream cone is delicious or not. Ask for examples as you pass some Doritos™, celery, Jell-o™ with a straw (sucking Jell-o™ through a straw is fun if you like noisy food), etc. Serve scoops of vanilla ice cream in Dr. Pepper™ with a straw.

Sometimes the sixth sense, call it intuition or instinct, will say, "You probably shouldn't eat this." But the seventh sense, the "sense" of adventure, might overrule that decision and say, "What the heck, you only live once." Super spicy foods, deep fried anything, triple fudge sundaes, and odd concoctions will qualify for delicious or not. But whether the choice is wise or unwise depends on individual health and digestion. A sense of adventure is, fortunately, sometimes influenced by common "sense" (sense number eight). What are some of the foods that the adventurous eaters in your group have tried? Make a list. Then serve a double dip cone to the adventurous and an ice cream bar to those with lots of common sense.

Distinguished "D" People

Directions: See suggestions for using this page on page 53.

by Cindy Iutzi



Emily Dickinson

- Born in Amherst, Massachusetts, in 1830, this poet was the daughter of a religious, conservative lawyer and the granddaughter of one of the Amherst College founders.
- She attended Amherst Academy and graduated from Mount Holyoke Seminary.
- She never married.
- The author wrote over 1700 poems, but only ten were published during her lifetime.
- She lived a reclusive life, never leaving her family, home, and garden.
- She always dressed in total white.
- She is now recognized as one of the greatest American poets of the 19th Century, ranking with Emerson and Whitman.

Who is she?

William O. Douglas

- This Supreme Court judge was born October 16, 1898, in Maine, Minnesota.
- In 1936 he was appointed to the Securities and Exchange Commission, where in 1937 he became chairman, supporting reform of the practices of securities-issuing corporations.
- He was a fervent believer in the New Deal.
- He began his tenure on the Supreme Court in 1939, where he supported civil rights, conservation, and civil liberties.
- This judge was especially interested in supporting the freedom of speech, freedom of the press, and freedom of religion as guaranteed by the First Amendment.
- He was Supreme Court judge for 36 years, the longest tenure in that office to date. He retired in 1975.

Can you guess the judge's name?

Joe DiMaggio

- This famous baseball player was born in 1914, in Martinez, California. He was the son of a fisherman.
- In 1932 at the age of 18, he played with the San Francisco Seals of the Pacific Coast League where he had a 61-game hitting streak.
- He was purchased by the New York Yankees in 1936. He stayed with them until he retired in 1951.
- An outfielder, he was nicknamed the "Yankee Clipper" because of his graceful style of fielding hits. His other nickname, "Joltin' Joe," came from his powerful hitting.
- He set a major league record, hitting safely in 56 consecutive games in 1941. He also hit 361 home runs in 1736 games, played in ten World Series and 11 All-Star games.
- He was elected to the Baseball Hall of Fame in 1955.

Name this athletic giant.

Marlene Dietrich

- She was born in 1901 in Berlin, Germany, as Marie Magdalene von Losch.
- A violin player, she had to abandon a musical career due to a wrist injury.
- In her pursuit of an acting career, she had minor roles on the stage and in films from 1923-1929.
- Her performance in *The Blue Angel*, a German film (1930), as a nightclub performer started her successful career.
- Some of her Hollywood films are *Shanghai Express* (1932), *The Scarlet Empress* (1934), *Destry Rides Again* (1939), *A Foreign Affair* (1948), *Witness for the Prosecution* (1957), and *Judgment at Nuremberg* (1961).
- She became a United States citizen in 1937. She was known for her throaty, husky voice and blasé style.

Who is she?

Do You Know Your Dogs?

This exercise, including the quiz that follows, provides material for reminiscing and challenging the memory.

Dogs have always held a special place in the American heart. They guarded their families against intruders, outlaws, and predators. They helped hunt for food, herded flocks, and kept varmints out of the chicken house. They also dug holes in the yard, slept on the flowers, snatched cakes off the counter, and required walking if they weren't allowed to roam in the country.

Who in your group had a special dog in his/her family? What kind of dog was it? Encourage seniors to describe their favorite or least favorite dogs. What were the names of their family pets? Some people are allergic to dogs or afraid of dogs. Has anyone in your group been bitten by a dog? Did it change his/her feelings about dogs?

Dog Trivia

Divide your group into small teams of five or six members. Let each group choose a dog breed for a team name. For example: Silver Collies, Golden German Shepherds, etc. After each clue, let the first person to raise his/her hand give an answer. Keep track of the correct answers given by each team. If the questions seem too difficult for your group, randomly list the answers on a large sheet of paper and hang it where everyone can see it. (If you want to use this page as a work sheet, cut off these instructions and reproduce.)

Dog Trivia Questions:

1. Name a dog that is medium-large with long, reddish-brown, silky fur, and a plume tail. If it could talk it might say, "Top of the morning to ya." _____
2. Name a small dog with silky, long fur that was used in England long ago to hunt woodcocks. It has droopy ears and is one of the most popular pets in the United States. _____
3. Name a medium-sized dog with thick, heavy fur, and a curly tail. Its small ears make it look like a small bear. It originated in China. _____
4. Name a medium-sized dog that is squatty, bowlegged, with a large head and huge lower jaw. It was bred for fighting bulls long ago. _____
5. Name a dog that is medium-large with black spots on white fur. It is known as a firehouse dog. _____
6. Name a dog that is small, medium, or large with very kinky fur. Sometimes this dog has fancy cuts on its head, legs, and tail. _____
7. Name a medium-sized, shorthaired dog that is multicolored and has a peculiar baying call. It is a hunting dog often used to hunt rabbits and other small creatures. _____
8. Name a small, shorthaired dog with very short legs. It is shaped like a wiener. _____
9. Name a large, droopy-eyed dog with a very keen sense of smell. It is often used to track people. McGruff the crime fighting dog is patterned after this breed. _____
10. Name a large, shorthaired, lean, fast dog used in dog racing. _____
11. Name a medium-sized dog with thick fur. It lives in frigid climates and pulls sleds. _____
12. Name a large, intelligent, aggressive dog that is called a police dog. _____
13. Name a large dog with long, thick fur. It has a long, pointed nose and is sometimes used to herd livestock. The television star Lassie was this breed. _____
14. Name a dog that is so tiny that when it is born it can fit in a teacup. These dogs have short hair and prominent eyes. They originated in Mexico. _____
15. Name a dog that is so large the first part of its name is Great. It is the same kind of dog as the comic strip character, Marmaduke. _____

Name _____

DYNAMIC DELAWARE

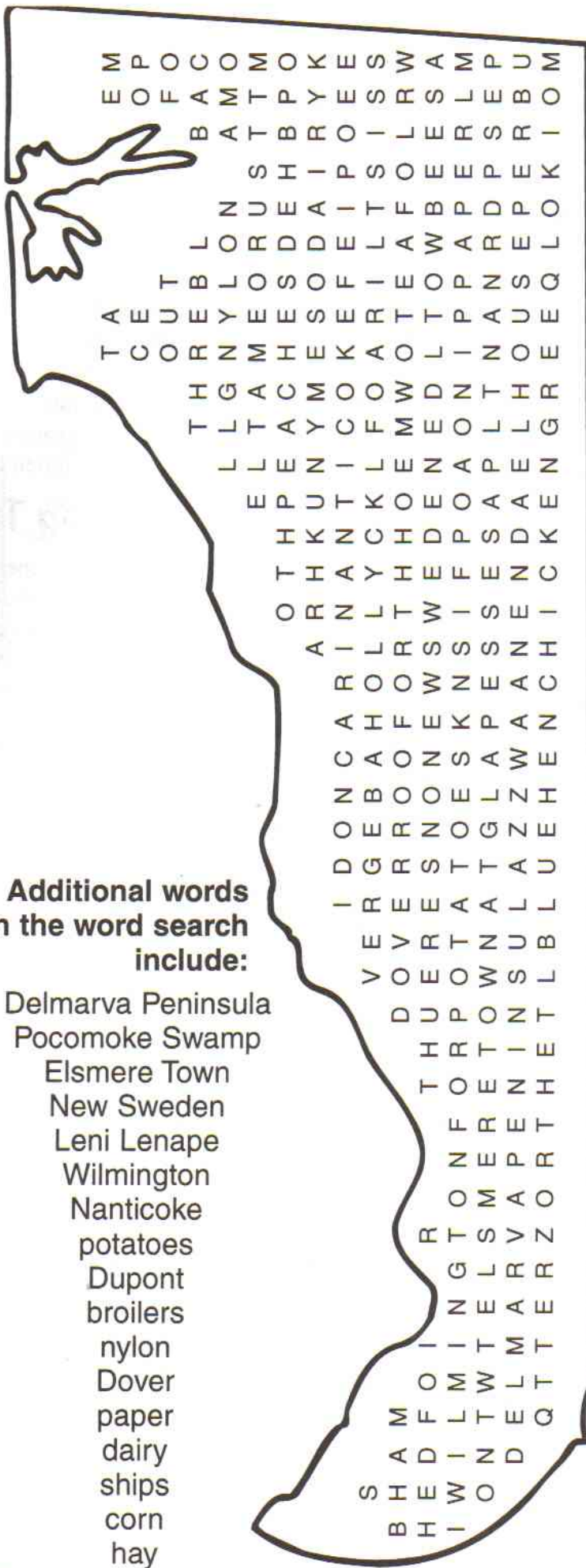
Directions: Delaware is the second smallest state in the United States, but it makes important manufacturing and food production contributions to the nation. This word search includes some of Delaware's geographical features, cities, historical Indian tribes, crops, and resources. When reading the Interesting Delaware Data, note that the words in boldface type are hidden in the word search.

INTERESTING DELAWARE DATA

- **Kaolin** is a pure white clay found in Delaware. After it is ground into a fine powder, it is used in making high-grade pottery.
- Delaware is the Blue Hen State. During the Revolutionary War days, a Delaware regiment adopted fighting roosters hatched from the eggs of a blue hen as its mascot. The roosters won many fights against other regiments' fowl and came to symbolize "fighting spirit." A person from Delaware is known as a Blue Hen's Chicken. The state bird is the **Blue Hen Chicken**.
- Delaware's state tree is the American **holly**.
- Because Delaware produces many **peaches**, the state flower is the peach blossom.
- **Zwaanendael House** is a museum in Lewes, Delaware, built to commemorate the first Dutch settlement in Delaware.
- In 1610, Delaware was named after the first governor of the Virginia Colony, Thomas West, Baron De La Warr, known also as **Lord Delaware**.

**Additional words
in the word search
include:**

Delmarva Peninsula
Pocomoke Swamp
Elsmere Town
New Sweden
Leni Lenape
Wilmington
Nanticoke
potatoes
Dupont
broilers
nylon
Dover
paper
dairy
ships
corn
hay



Questions of the Day

Name That Decade

This activity may be used as a puzzle or expanded into discussion and reminiscing topics. The facts may also be added to the giant time line mural. If you elect to use this as a lead-in to several different discussions, schedule a regular period of time each day or week for a round of "Name that Decade." You may wear a question on a badge each day to stimulate folks on a one-to-one basis. Ask participants to create other decade stumpers for the next session, or post them on the bulletin board.

Directions: Answers need only be the decade, not the exact year. The exact year is given as a point of interest. However, if someone can correctly identify the exact year, let him/her shine!

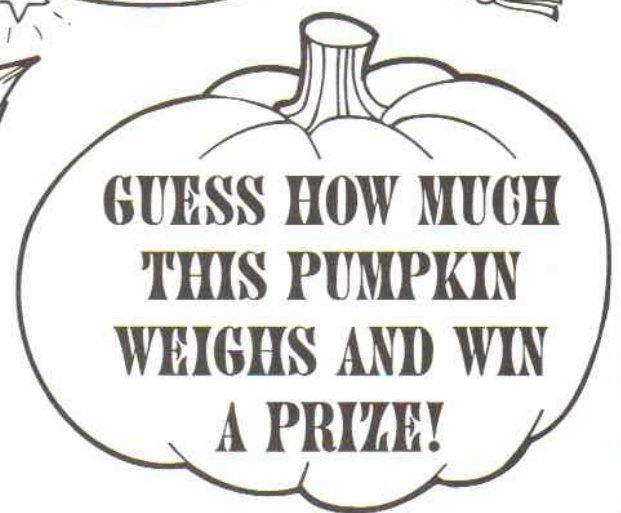
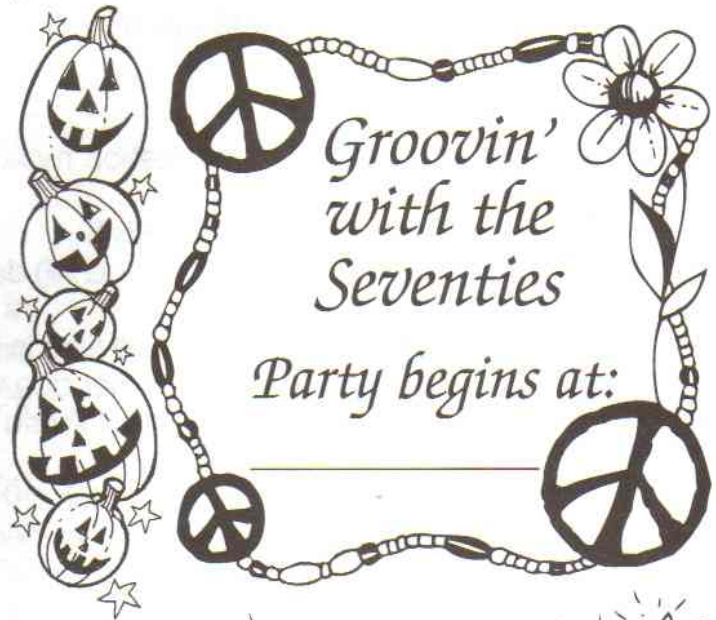
Decade Trivia Questions:

1. In which decade did Ozzie and Harriet Nelson make their CBS radio debut in *The Adventures of Ozzie and Harriet*?
2. In which decade was the Cuban Missile Crisis?
3. In which decade did Cassius Clay (Muhammad Ali) defeat Sonny Liston and become heavyweight champion?
4. The U. S. Stock market crashed for the second time in its history with stocks plummeting about 1000 points. It was called Black Monday. In which decade was that?
5. The Space Age began with the launching of Russia's *Sputnik I*, the first earth-orbiting satellite. In which decade did the Space Age begin?
6. In which decade did Amelia Earhart become the first woman to fly solo across the Atlantic, only to later (but in the same decade) become lost somewhere in the Pacific on her flight around the world?
7. In which decade was the infamous Brink's Robbery in Boston, when almost \$3 million was stolen?
8. Color television was introduced in the United States in which decade?
9. Medicare, the government's senior citizens' medical assistance program, began in which decade?
10. In which decade did the United States celebrate its Bicentennial?
11. In which decade was the first Agatha Christie mystery released?
12. In which decade did the Coconut Grove Nightclub fire in Boston kill 491 people?
13. In which decade did the American athlete, Jesse Owens, win four gold medals at the Olympics?
14. Remember Jackie Cooper in *Our Gang* shorts? In what decade did *The Little Rascals* make their debut?
15. In which decade did Arthur Heller Penn, the filmmaker, have two movie hits, *The Miracle Worker* and *Bonnie and Clyde*?
16. In which decade did *From Here to Eternity* win four Oscars: Best Picture, Best Supporting Actress (Donna Reed), Best Supporting Actor (Frank Sinatra), and Best Director?
17. In which decade did Charles M. Schulz's "Peanuts" comic strip first appear in publication?
18. "There is a fifth dimension beyond that which is known to man. It is a dimension as vast as space and shadow, between science and superstition, and it lies between the pit of man's fear and the summit of his knowledge. This is the dimension of imagination. It is an area which we call *The Twilight Zone*." In which decade did "The Twilight Zone" make its debut?
19. In which decade was John Lennon, composer and member of "The Beatles" singing group, assassinated at New York City, New York?
20. In which decade did Spiro Agnew become the second Vice President of the United States to resign from office?

October Clip Art

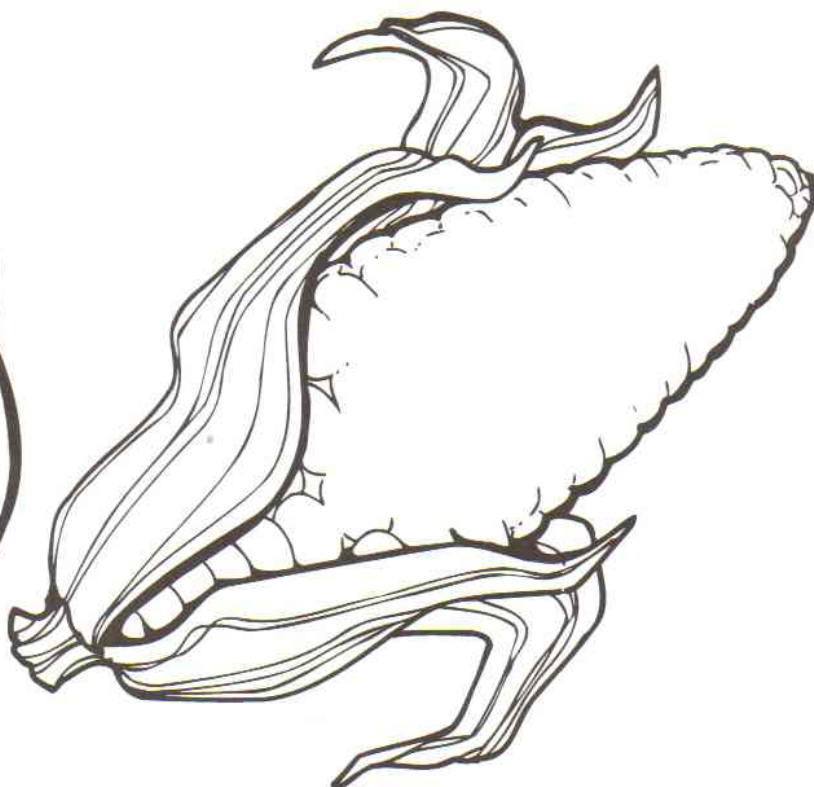
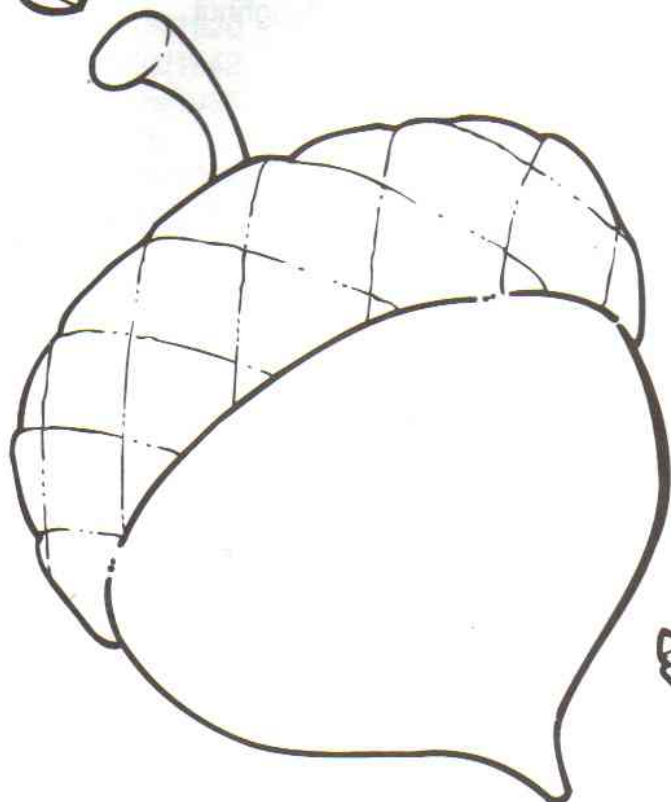


Audacious October News



Autumn Note Cards Clip Art

Directions: Use the autumn patterns to make note cards, party invitations, etc. To make note cards, reproduce, cut out, and glue to folded sheets of 8½" x 5½" construction paper.



Answer Key

Page 31

These are not apples: Bartlett, Anjou, Russet

Page 32

1. Tell
2. Newton
3. the doctor
4. New York
5. dolls
6. Appleseed
7. apple pie
8. apple butter
9. applesauce

Page 52

damask: silk or linen material woven with a pattern that is visible on both sides
dastardly: a cowardly or mean-spirited act
demijohn: a bulging narrow-necked bottle often covered with wicker, holding three to ten gallons
derring-do: heroic courage or action
derringer: a small, large-bore pistol
descendent: an immediate or remote offspring
debonair: having a carefree, self-confident manner
decathlon: an athletic contest in which each competitor takes part in ten events
deciduous: shedding its leaves annually
divot: a piece of turf cut out by the head of a golf club during a stroke of the club
dollop: a mass or quantity of something, a shapeless lump of something soft
donnybrook: a wild fight, a free-for-all

doodad: a gadget, a trivial ornament

détente: the easing of strained relations between countries

diaphanous: fabric that is light, delicate and almost transparent

dilettante: a person who dabbles in a subject for his own enjoyment

dingbat: any small object such as a stick or stone, suitable for hurling at another object

discombobulate: to disturb or confuse

double entendre: a phrase with two meanings, one of which is usually sexual

dulcet: pleasant to the ear

dungaree: blue denim

dynasty: a line of hereditary rulers

dynamic: energetic, having force of character

doughboy: an American infantry soldier of World War I

dibble: a pointed instrument making holes in the ground for planting bulbs

dewclaw: a small claw on the inner side of a dog's leg, not reaching ground while walking

docile: willing to obey

demagogue: a leader who wins his following by appealing to emotion or prejudice, not reasoning

decadent: becoming less worthy, decreasing standards

daub: to cover or smear roughly with paint or a soft substance

Page 53

fydfa: daffy
acedl: decal
vidler: drivel

frdat: draft

yutd: duty

ckod: dock

seelid: diesel

uuogdt: dugout

ottid: ditto

pamrde: damper

leappd: dapple

oceedd: decode

rede: deer

nitayd: dainty

xdulee: deluxe

pede: deep

tdri: dirt

madidon: diamond

lodl: doll

zizyd: dizzy

vode: dove

arognd: dragon

pamd: damp

tityd: ditty

edy: dye

caned: dance

cedk: deck

ttdsien: dentist

ndra: darn

gnduutoh: doughnut

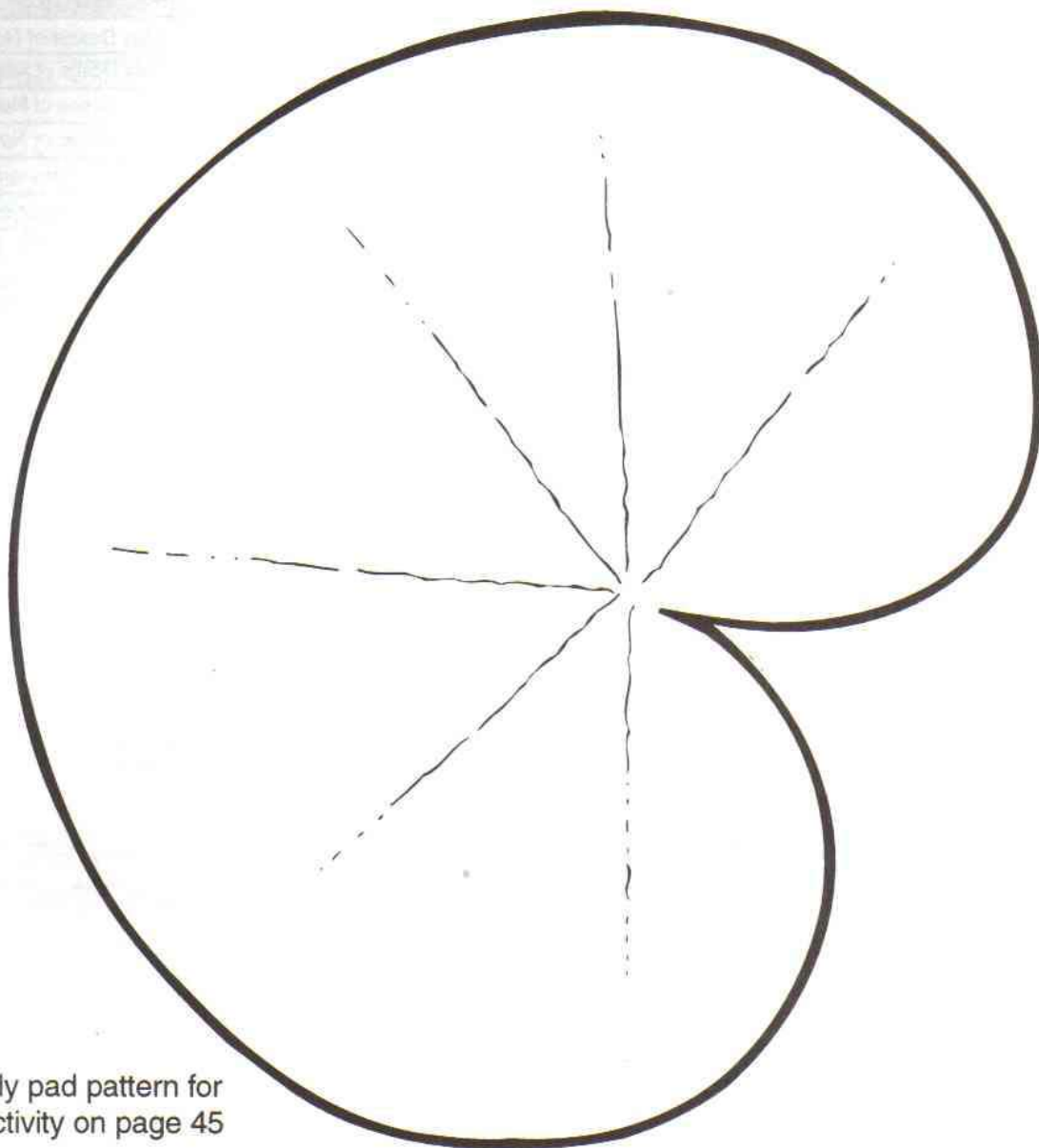
Page 57

1. Irish setter
2. Cocker spaniel
3. Chow
4. Bulldog
5. Dalmatian
6. Poodle
7. Beagle
8. Dachshund
9. Bloodhound
10. Greyhound
11. Husky
12. German shepherd
13. Collie
14. Chihuahua
15. Great Dane



Page 59

1. 1940s/1944
2. 1960s/1962
3. 1960s/1964
4. 1980s/1987
5. 1950s/1957
6. 1930s/1937
7. 1950s/1950
8. 1950s/1951
9. 1960s/1965
10. 1970s/1976
11. 1920s/1920
12. 1940s/1942
13. 1930s/1936
14. 1930s
15. 1960s/1962/1967
16. 1950s/1953
17. 1950s/1950
18. 1950s/1959
19. 1980s/1980
20. 1970s/1973



Lily pad pattern for activity on page 45



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| GGA053 A Special Note Just for "Ewe" | 4.95 |
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| GGA055 You Are "Berry" Special | 4.95 |
| GGA056 Birthday (Piece of Cake) | 4.95 |
| GGA057 Certificate of Appreciation | 4.95 |
| GGA058 Certificate of Participation | 4.95 |
| GGA059 Thanks | 4.95 |
| GGA060 Good Morning | 4.95 |
| GGA061 Just a Reminder | 4.95 |

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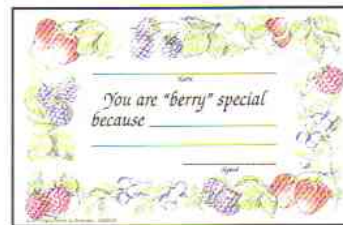
GGA052 Wanted



GGA053 A Special Note Just for "Ewe . . ."



GGA054 Good Citizen Award



GGA055 You Are "Berry" Special



GGA056 Birthday



GGA057 Certificate of Appreciation



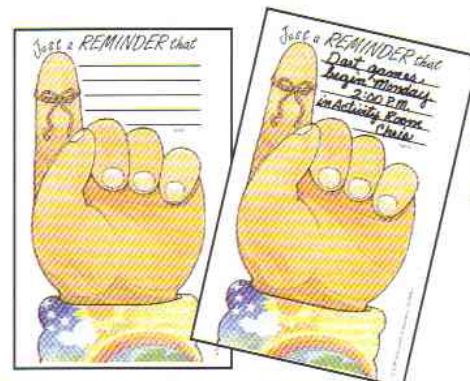
GGA058 Certificate of Participation



GGA059 Thanks



GGA060 Good Morning



GGA061 Just a Reminder

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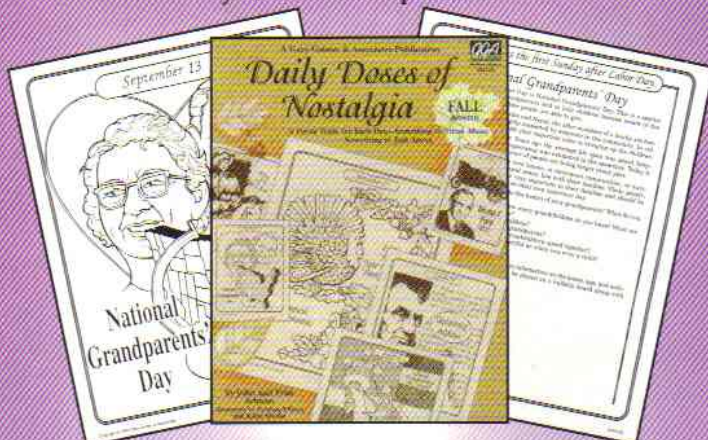
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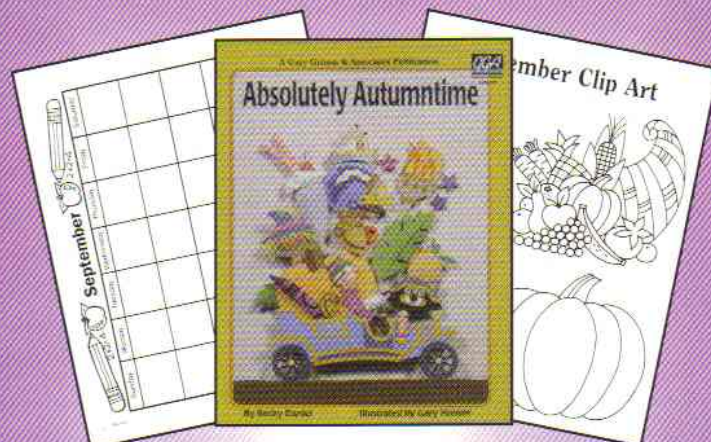
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September

Sunday

Monday

Tuesday

Wednesday

1

2

3

4

Labor Day

8

9

10

11

15

16

17

18

22

23

24

25

29

30

October 1996

| Wednesday | Thursday | Friday | Saturday |
|-----------|----------|--------|----------|
| | 5 | 6 | 7 |
| | 12 | 13 | 14 |
| | 19 | 20 | 21 |
| | 26 | 27 | 28 |



Sunday

Monday

Tuesday

Wednesday

1

2

6

7

8

9

13

14

15

16

Columbus Day
Observed

20

21

22

23

27

28

29

30

1996

Wednesday

Thursday

Friday

Saturday

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12

17

18

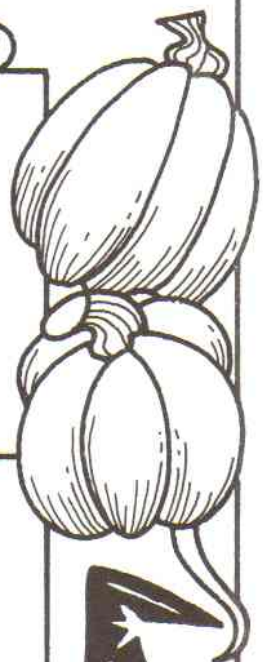
19

24

25

26

31



Vietnam War Ends

1973 

San Francisco Earthquake

 1906 

Overseas Telephone Service

 1927 

The *Titanic* Sinks

 1912 

Stock Market Black Tuesday

 1929 

**Ford Introduces
Production-line Cars**

 1913 

The Dust Bowl

1930s

Panama Canal Completed

 1914

The Great Depression

1930s

World War I

Assassination of Archduke Ferdinand

 1914

**Franklin Delano Roosevelt
Elected**

 1932 

**First Charlie Chaplin Film,
*Making a Living***

 1914

Hitler Invaded Poland

1939 

1927

1993

Woolworth Lunch
Counter Sit-in

1960



League of Nations Founded



1920

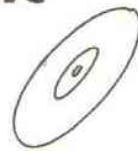


Disco Fever

Bee Gees, "Stayin' Alive"



1978

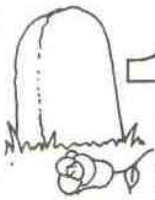


Watergate—Nixon Resigns



1974

AIDS Recognized



1980

\$

Record-Breaking Inflation

\$

1978-1980

\$

\$

Kennedy Shot



1963

Challenger Explosion
on Takeoff



1986

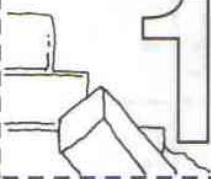
Beatles Appear on
Ed Sullivan Show



1964



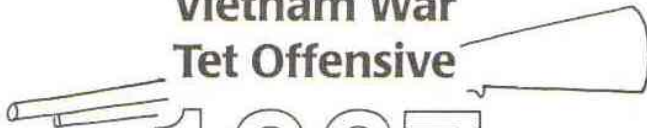
Berlin Wall Comes Down



1989



Vietnam War
Tet Offensive



1967

Gulf War



1991



Martin Luther King, Jr.
Assassinated

1968



Government Shutdown



1996

Celebrate a Century

Use the number patterns to mark the decades 1900 through 2000. The stickers may help your time line artists get their memories in gear. Many will remember these events firsthand. Cut out stickers and have someone color each with fine-tip markers. Place on the mural. Encourage your seniors to note other important historical people, trends, and events. Some of your group may have special memories of artistic or musical movements, the development of technologies, flight, or space exploration. Others may have keen insights into diplomacy, politics, or religious movements.

12345
67890

Vietnam War Ends

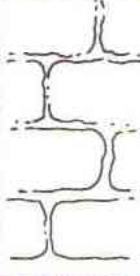
1973

WPA Created

1935



Berlin Wall Goes Up



1961



Prohibition



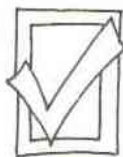
1920-1933



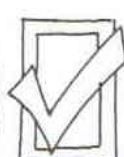
Pearl Harbor

1941

Women's Right to Vote



1920



D-Day



1945



Babe Ruth Hit 34 Homers



1920



First Atomic Bomb

1945

Harlem Renaissance



1920s



Korean War



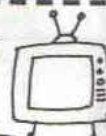
1950-1953

Lindbergh Flies the Atlantic



1927

Millions Buy Early TVs



1950s

Woolworth Lunch
Counter Sit-in



1960

League of Nations Founded



1920

